

Red Lentil Curry

Prep time: 10 minutes

Cooking time: 30 minutes

Yields: 8 servings

Ingredients:

2 cups red lentils

1 large onion, diced

1 tablespoon coconut oil

2 tablespoons curry paste

1 tablespoon curry powder

1 teaspoon ground turmeric

1 teaspoon ground cumin

1 teaspoon chili powder

1 teaspoon salt

1 teaspoon minced garlic

1 teaspoon minced fresh ginger

1 (14.25 ounce) can tomato puree

Directions:

1. Put lentils in a pot with enough water to cover; bring to a boil, place a cover on the pot, reduce heat to medium-low, and simmer, adding water during cooking as needed to keep covered, until tender, 15 to 20 minutes. Drain.
2. Heat coconut oil in a large skillet over medium heat; cook and stir onions in hot oil until caramelized, about 20 minutes.
3. Add curry paste, curry powder, turmeric, cumin, chili powder, salt, garlic, and ginger into the onions. Increase heat to high and cook, stirring constantly, until fragrant, 1 to 2 minutes.
4. Stir in the tomato puree, remove from heat and stir into the lentils.

Chef Mat Shalenko

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