

Kitchen Sink Curried Lentils

14 ingredients · 33 minutes · 4 servings



Directions

1. In a large pot, melt the coconut oil over low-medium heat.
2. Peel (if necessary) and dice the veggies into 1/2-inch pieces. Add them into the pot and stir until combined. Increase heat to medium.
3. Add in the rest of the ingredients (lentils, water, diced tomatoes [with juices], coconut milk, all the spices, salt, and pepper). Stir until combined.
4. Increase heat to high and bring to a low boil. Reduce heat to medium and cook, uncovered, for 18 to 30 minutes, until the veggies and lentils are tender; the cook time will depend on the types of veggies you use, and their size. Stir the dal frequently while cooking, and reduce the heat if necessary to prevent it from sticking to the pot. (If you're using potatoes, I suggest covering the pot while cooking since they don't contain as much water to "cook off". You may need to add more water to thin the mixture.)
5. If desired, serve over rice, and garnish with cilantro and lime (it's still great without these additions, though!).

Notes

Veggie Pro Tip:

This is one recipe where I take the shortcut and buy organic bagged frozen veggies. I typically use haricot vert (thin French green beans), cauliflower, peas, and butternut squash

No Oil Version:

This recipe can be made with no oil, just use water to sautee the veggies.

Leftovers:

This dish tends to make a lot. So, portion out your leftovers and freeze what you won't use this week.

Ingredients

- 1 tbsp** Heaping Tablespoon Virgin Coconut Oil Or Olive Oil (20 mL)
- 4 cups** Peeled And Diced Veggies* (I like to use organic frozen veggies including haricot green beans, cauliflower, peas, and butternut squash)
- 1/2 cup** Uncooked Red Lentils
- 1/2 cup** Water (plus more if needed)
- 14 ozs** 1 Can Diced Tomatoes (14-ounce/398 mL)
- 14 ozs** 1 Can Full Fat Coconut Milk (14-ounce/398 mL)
- 1 1/2 tsps** Garlic Powder
- 1 1/2 tsps** Minced Onion**
- 1 tbsp** Good Curry Powder (or to taste***)
- 3/4 tsp** Fine Sea Salt (to taste)
- Freshly Ground Black Pepper, (to taste)
- 1/2 cup** Cooked Brown Basmati Rice Or Grain Of Choice
- 1 tsp** Fresh Chopped Cilantro Leaves
- 1 slice** Fresh Lime Juice