Coconut Lentil Curry

A one pan, all-inclusive dinner made in under 1 hour and packed with famous Indian flavor. This is a Vegan dish offering 12 grams protein and 6 grams fiber per serving (mostly from lentils) made with lentils, curry, fresh tomatoes, and coconut milk. Served warm over a bed of basmati rice. This dish is rich in Vitamin A, Vitamin C, iron, and manganese. Enjoy!

Ingredients:

10 cloves	Garlic, minced (I buy the pre-minced garlic for ease)
18 oz	Fresh cherry tomatoes (can buy 28 oz crushed tomatoes)
2 tbsp	Ginger, minced (can use powder)
1 tbsp	Ground cumin
1 tbsp	Ground coriander
1 tbsp	Turmeric
1 tbsp	Ground curry powder
1 tsp	Ground cayenne pepper (optional – adds extra heat)
1 cup	Dried brown lentils
3 cups	Water
1, 15oz can	Lite coconut milk
1 cup	Chopped cilantro leaves
3 cups	Basmati Instant Rice (I use the 90 sec Uncle Ben's pouches)

Directions:

1. Grease a large, deep skillet (that has a lid) with cooking spray. Heat over medium-high on the stovetop. Add garlic to skillet and cook until garlic slightly browns.
2. While garlic browns, quickly pulse the cherry tomatoes in a blender until tomatoes are in small chunks. DO NOT DRAIN. You can also use 1, 28 oz can of crushed tomatoes here. Once garlic is browned, add in the tomatoes, garlic, cumin, coriander, turmeric, and curry powder. Still and allow to heat for about 5-6 minutes.
3. Add cayenne pepper (if using), dried lentils, and water. Bring to a boil. Turn heat down to medium-low, cover, and allow to simmer for 45-60 minutes or until lentils are soft and water is absorbed. Be sure to stir occasionally.
4. The water will likely be fully absorbed before lentils are fully soft. This is the time to add the coconut milk. Continue to simmer while covered, stirring occasionally, until curry is creamy, and lentils are soft.
5. When lentils are close to being done, throw the instant basmati rice in the microwave (usually only takes 90 seconds) and cook according to instructions on package.
6. Plate a bed of rice (1/2 cup per serving) and top with the coconut lentil curry (1 serving = 1/6th recipe). Serve warm and enjoy!!

Servings: 6
Serving size: ½ cup cooked rice + 1/6th coconut lentil curry

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Nutrition Facts
Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	310.4 kcal	16 %
Total Fat	7 g	11 %
Saturated Fat	3.8 g	19 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	25.7 mg	1 %
Total Carbohydrate	52.7 g	18 %
Dietary Fiber	6.5 g	26 %
Sugars	3.1 g	
Protein	13.1 g	26 %
Vitamin A	21 % • Vitamin C	24 %
Calcium	7 % • Iron	34 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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