Mango Red Lentil Curry

The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

This vegetarian curry is like sunshine in a bowl - full of warm spices with a dose of sweetness and a Vitamin C boost from fresh mango!

YIELD	PREP TIME	TOTAL TIME
7 SERVINGS	**10 MIN**	**35 MIN**

INGREDIENTS

1 Tbsp	Olive Oil
1 medium	Onion, diced
1 medium	Red Bell Pepper, diced
2 cloves	Garlic, minced
2 Tbsp	Ginger, grated or minced
1 Tbsp	Curry Powder
1 tsp	Cinnamon, ground
½ tsp	Kosher Salt
1 cup	Crushed Tomatoes, low-sodium
1 (13.5 oz) can	Light Coconut Milk
2 cups	Water
1 cup	Red Lentils
8 oz	Sweet Potato, small dice (about 1 medium potato)
1 each	Mango, diced
½ cup	Cilantro, chopped, <u>divided</u>
1 each	Lime, cut into wedges

CHEF'S NOTES

If you like a spicy curry, feel free to add a little black pepper, crushed red pepper, or a pinch of cayenne with the other spices.

Red lentils make for easy dinners because they cook quickly and have a mild flavor with plenty of fiber and plant-based protein. They don't hold their shape like brown or green lentils, so their creamy texture is perfect for curries and soups.

DIRECTIONS

1. Gather all necessary equipment and ingredients.

2. Heat a medium saucepot over medium-high heat. Once hot, add the oil and then the onion and bell pepper. Cook until lightly browned and translucent, about 2-4 minutes.

3. Add the garlic and ginger, stirring constantly, until fragrant, about 30-60 seconds.

4. Add the spices and salt and stir to coat the vegetables, allowing the spices to lightly toast, about another 30-60 seconds.

5. Add the crushed tomatoes. Using a wooden spoon, scrape up any brown bits stuck to the bottom of the pot.

6. Add the coconut milk, water, lentils, and sweet potato, stirring to combine. Bring to a boil then cover and reduce to a simmer. Simmer for about 10-12 minutes, until the lentils and potatoes are soft.

7. Add the mango and cook on low, uncovered, allowing the mango to soften, about 2-4 minutes.

8. Remove from the heat and stir in ¼ cup chopped cilantro. Serve over your favorite whole grain topped with additional cilantro and a lime wedge for squeezing.

Nutrition Facts

7 servings per container

Serving Size	**1 cup (329 g)**

Amount per serving

Calories 260

	% Daily Value *
Total Fat 9g	**11%**
Saturated Fat 6g	**29%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 190mg	**8%**
Total Carbohydrate 40g	**14%**
Dietary Fiber 7g	**24%**
Total Sugars 13g	
Includes 0g Added Sugars	**0%**
Protein 9g	**19%**
Vitamin D 0mcg	0%
Calcium 60mg	5%
Iron 3mg	16%
Potassium 500mg	11%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Mango.org,* "Mango Lentil Curry" (2021)