

Red Lentil & Sweet Potato Curry



This vegetarian curry combines warm spices with fiber rich vegetables and lentils to create a hearty, plant powered meal.

YIELD 7 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

1 Tbsp	Olive Oil
1 medium	Onion, diced
1 medium	Red Bell Pepper, diced
2 cloves	Garlic, minced
1 Tbsp	Curry Powder
2 tsp	Ginger, ground
1 tsp	Cumin, ground
1 tsp	Cinnamon, ground
½ tsp	Cayenne Pepper
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
12 oz	Sweet Potato, small dice (about 1 medium potato)
½ cup	Cilantro, chopped
1 each	Lime, juiced

CHEF'S NOTES

Red lentils are a great legume for making dinner easy because they cook quickly and have a mild flavor with plenty of fiber and plant-based protein. They don't hold their shape as much as brown or green lentils, so their creamy texture is perfect for curries, stews, and soups.

Try this curry served over whole grain brown rice or quinoa. You can also blend a portion of the curry for an even creamier texture.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a large 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 cook, 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, coconut milk, and water. Using a wooden spoon, scrape up any brown bits stuck to the bottom of the pot.
6. Add 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. Remove from the heat and stir in the chopped cilantro and lime juice. Enjoy!

Nutrition Facts

7 servings per container

Serving Size 1 cup (302 g)

Amount per serving

Calories 250

% Daily Value *

Total Fat 9g 11%

Saturated Fat 6g 29%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 36g 13%

Dietary Fiber 7g 23%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 9g 19%

Vitamin D 0mcg 0%

Calcium 60mg 5%

Iron 3mg 17%

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.

