

Mango Red Lentil Curry

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 7 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 35 MIN
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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
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, peeled and 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 add 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 (332g)
Amount Per Serving	
Calories	210
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 29g	11%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.7mg	10%
Potassium 540mg	10%
* 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.	

CONTAINS: COCONUT

Recipe adapted from [Mango.org](https://mango.org), "Mango Lentil Curry" (2021)

