

# Curried Lentils

1 tbsp coconut oil

1 onion, diced

4 cloves garlic, minced

1 inch ginger root, minced

1 carrot, shredded

1 red pepper, diced (optional)

1 bunch cilantro – chop stems into 1/4 inch pieces

1 tbsp curry powder

½ tsp cayenne pepper

½ tsp ground coriander

½ tsp turmeric

1 ½ cups lentils, rinsed (red or brown – they give slightly different flavors that are both good)

4 cups water

14 oz can coconut milk

Salt

Roughly chopped cilantro leaves (from the cilantro bunch) and lime juice for topping

## Directions

1. Saute onion, garlic, ginger, carrot, red pepper, and cilantro stems in oil until onion is translucent, about 5 minutes.
2. Add curry powder, cayenne pepper, coriander, and turmeric and continue cooking for 2 more minutes.
3. Add lentils, water, and coconut milk. Bring to a boil over high heat, then reduce heat and simmer for about 15 minutes, or until lentils are almost fully cooked.
4. Remove from heat and let stand, covered, for 5 minutes. Add salt to taste.
5. Serve with cilantro leaves and lime juice.