



## **Red Curry Lentils**

*\*Original recipe from [A Pinch Of Yum](#)*

### **Ingredients:**

- \* 1 1/2 cups dry lentils
- \* 1 bay leaf
- \* 1 clove garlic, minced
- \* 1/4 cup finely chopped onion
- \* 5 cups water
- \* 1/2 a large onion, diced
- \* 1/2 tsp. cumin
- \* 1/4 tsp. ground coriander
- \* 1/4 tsp. ground cardamom
- \* 1/8 tsp. cinnamon
- \* pinch of nutmeg
- \* pinch of cloves
- \* 1 tsp. curry powder
- \* 1/2 tsp. turmeric
- \* 1/2 tsp. sugar
- \* 1 tsp. minced garlic
- \* 1 tsp. minced ginger
- \* 1/4 tsp. cayenne pepper
- \* 1 14 ounce can of tomato puree (or just puree a bunch of tomatoes from your garden)
- \* 1/4 cup coconut milk
- \* cilantro for garnish
- \* brown rice for serving

### **Method:**

- 1.) Bring 5 cups of water to a boil. Add lentils, bay leaf, 1 clove minced garlic & 1/4 cup chopped onion. Simmer for 45-50 minutes. Drain, then set aside.
  - 2.) Melt butter, add the onion and saute for about 5 minutes.
  - 3.) Add all spices, including curry paste. Stir-fry for 1-2 minutes, stirring constantly.
  - 4.) Add tomato sauce and stir and simmer until smooth.
  - 5.) Add the lentils and coconut milk. Stir and simmer another 15-20 minutes. The longer you go the better it is.
  - 6.) Garnish with cilantro and serve over brown rice.
- Enjoy!

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