



30-Minute One Pot Red Quinoa Curry:

- 1.5 cups red lentils
- 1 cup dry red quinoa
- 1 can unsalted diced tomatoes (about 1.5 cups)
- 1 can pumpkin puree (about 1.5 cups)
- $\frac{3}{4}$ cup coconut milk
- 1 cup salt free vegetable broth
- 1 cup water
- 2 tbsp curry powder
- 1 tsp garlic powder
- $\frac{1}{2}$ tbsp chili powder
- 2 tbsp italian seasoning
- $\frac{1}{2}$ tbsp smoked paprika

Put all ingredients into a large pot and bring to a boil. Reduce to a simmer for 30 minutes, let cool, and serve! Crazy easy dinner recipe for those days where you can't be bothered to chop 47 pounds of veggies.