

Curried Vegetables with Dahl - adapted from Moosewood Restaurant

Note from Tessa: This may look complicated but it really is not. Just prep your vegetables and go. This recipe doubles well for lots of leftovers.

It is super versatile and great for using up those vegetables in your farm share box. You could even try using winter squash in place of the sweet potatoes.

1 ½ cups red or yellow lentils

4 or 5 cups hot water

1 onion, chopped (about 1 cup)

1 fresh green chile, minced (or 1 red dried, or chili flakes, or skip)

3 T healthy oil

4 cups sweet potatoes, cubed (2-3 sweet potatoes)

1 T mild curly powder

1 t ground cumin

2 T grated fresh ginger root

2 cups water

4 cups another vegetable: cubed kohlrabi, cauliflower, turnips, rutabaga, bok choy stems,

2 cups bell peppers, chopped

10 oz. fresh greens: kale, bok choy, tat soi, spinach, swiss chard, etc.

2 -3 T fresh lemon juice

Salt to taste

Rinse the lentils. In a covered saucepan, bring the water and lentils to boil. Skim foam. Reduce the heat, uncover, and simmer for about 30 minutes.

In a large soup pot, sauté the onion and chile in the oil for several minutes. Add the sweet potatoes, curry powder, cumin and ginger. Continue to cook for 2 to 3 minutes, stirring often. Add 2 cups of water, other vegetable, and peppers, cover and simmer for 10 minutes.

While the vegetables simmer, rinse, stem and coarsely chop the greens. Puree lentils and cooking liquid (with blender, food processor or stick blender) to make smooth dahl. If lentils are very soft and breaking up already, this may not be necessary.

When vegetables are tender, stir in greens, dahl, lemon juice. Simmer just until greens are wilted. Add salt to taste and serve.

Serve with a simple grain like rice or quinoa or even a crusty bread.

Serves 4 - 6