

Red Lentil Curry (Masoor Daal)

Ingredients

- 1 tablespoon olive or coconut oil
- 1 small red onion, diced
- 2 garlic cloves, minced
- 1-inch fresh ginger, peeled and minced
- 1 serrano chili pepper, seeded and minced
- 2 teaspoon ground cumin
- 2 teaspoon garam masala
- ½ teaspoon coriander OR ¼ cup fresh, chopped cilantro
- One 15-ounce can diced tomatoes OR 15 oz. fresh, chopped tomatoes
- 1 teaspoon sea salt
- One 15-ounce can coconut milk
- 1 cup red lentils
- 5 ounces baby spinach, kale, or swiss chard

In a large stock pot or frying pan heat the oil. Saute the onion over medium-high heat until soft, 5 minutes. Add the garlic, ginger, serrano, cumin, garam masala, and coriander. Cook until very fragrant, 2 minutes.

Carefully pour in the tomatoes, scraping up any brown bits that formed on the bottom of the pan. Cook, stirring occasionally, until the liquid has reduced and the tomato chunks have softened, 5 minutes.

Add the coconut milk and 1 cup water. Bring to a boil over high heat. Stir in the lentils and reduce the heat to medium-low. Cook until the lentils are tender, 25-35 minutes, stirring occasionally to prevent the lentils from sticking to the bottom of the pan.

Fold in the spinach and cook until wilted, 3 minutes.

Serve alongside coconut rice, brown rice, or basmati.