



Recipes

Beans

Turmeric Lentils (vegan)

Prep and Cook Time: 20 minutes

Yield: 2 servings

Ingredients:

- 1 medium size onion, diced
- 4 cups baby spinach
- 2 tablespoons vegetable broth
- 2 cloves garlic, minced
- 1 teaspoon ginger
- 1/2 teaspoon turmeric
- 1/2 teaspoon sea salt
- 1 cup canned diced tomatoes
- 2 cups or 1 15 oz. can (BPA free) lentils

Directions:

1. Dice onions and mince garlic.
2. Sauté spinach in 1 tablespoon vegetable broth.
3. Sauté onion in 1 tablespoon broth.
4. Add garlic, ginger, turmeric, sea salt, tomatoes and lentils.
5. Simmer and cover for 5-7 minutes.