Recipes
Beans

Curried Lentils
Prep and Cook Time: 45 minutes
Yield: 4 servings

Ingredients:

1 cup orange lentils, washed

4 cups chicken or vegetable broth

1 medium onion, chopped

3 medium cloves garlic, chopped

2 medium carrots, diced into small pieces

2 medium celery stalks, diced into small pieces

2 cups finely chopped kale

2 tablespoons curry powder

1 15 ounce can diced tomatoes with the liquid

3 tablespoons chopped fresh cilantro

Sea salt and black pepper to taste

Directions:

1. Rinse lentils in strainer.
2. Chop onions and garlic.
3. Heat one tablespoon broth in medium soup pot. Sauté onion in broth over medium heat for 5 minutes stirring frequently, until translucent.
4. Add garlic, carrots, and celery. Continue to sauté for another couple of minutes. Add curry powder and mix.
5. Add rinsed and drained lentils, 4 cups broth and tomatoes. Bring to a boil, reduce heat to medium low, and simmer uncovered for about 5 minutes.
6. Add kale and simmer for another 5 minutes. Add cilantro and season with salt and pepper to taste.
7. Enjoy!!