

Lentil & Butternut Squash Curry

INGREDIENTS:

- 1 c soaked and rinsed brown or green lentils (soak overnight in 3 c of water) OR 1-14oz. can of lentils, drained
- 1 yellow or red onion, chopped
- 3 cloves of garlic, minced
- 1 thumb of fresh ginger finely chopped or 1 tsp ginger powder
- 1 small butternut squash, peeled and cubed
- 1 tbsp of tomato paste
- 14 oz. can of diced tomatoes
- 16 ounces of vegetable stock
- 1/2 can of coconut milk (~5 oz.)
- 1 tsp of garam masala
- 1 tsp of smoked paprika
- 1 tsp of sea salt
- 1/2 tsp of turmeric powder
- 1 tsp of curry powder
- 1/2 tsp of cinnamon
- 2 tsp of maple syrup
- 1/2 squeezed lemon
- desired cooking oil
- 2-3 c of cooked brown rice or quinoa
- optional: 2-3 c of leafy greens (kale or spinach), 1 chili or 1 tsp of cayenne pepper, lime, and cilantro (for garnish)

SERVINGS: 4

COOK TIME: 30 MIN



DIRECTIONS:

1. Chop and prepare all vegetables. Set to the side.
2. In a separate pot, add 4 cups of water and 1/2 tsp of salt until water is boiled. Add soaked and rinsed lentils and cook for 2-4 minutes covered with lid. Drain and place lentils to the side.
Note: make sure to watch closely not to overcook. You want them textured and not mushy. If using canned, open and drain.
3. Heat a dutch oven pot or large saucepan on medium heat. Add cooking oil and chopped onion. Cook 3-5 min until lightly browned and translucent.
4. Add chopped ginger, garlic and chili (optional) and sauté for 2 more minutes.
5. Add tomato paste, squash, and diced tomatoes and cook down and stir for 3-5 minutes to balance acidity and sweetness. Then, add all the seasonings to create a "paste-like" base. Then, add the coconut milk and stir well. Add squeezed lemon. Then, add maple syrup. Stir well.
6. Add vegetable stock. Reduce heat to medium to low and let simmer for 2 minutes. Then add cooked lentils and stir in and simmer for 15-20 minutes, or until squash is fully cooked. Add leafy greens at the very end.
7. Serve over grain and garnish with lime and cilantro!