



RED LENTIL & SWEET POTATO CURRY

Prep time: 10 min | Cook time: 20 min

INGREDIENTS

- 1 1/2 c red lentils
- 1 sweet potato, chopped
- 1 handful spinach, chopped
- 1 tomato, diced
- 1/2 yellow onion, diced
- 2 cloves garlic, minced
- 2 tbs ghee (or coconut oil)
- 2 tbs Thai red curry paste
- 1 tsp ginger
- 1 tsp cumin
- 1 tsp salt
- 6 c vegetable broth
- 14 oz can coconut milk
- cooked rice for serving

PROCEDURE

- 01** Heat a pot over medium high heat. Once hot, add the ghee, onion, and garlic. Cook for 1-2 minutes.
- 02** Add the curry paste, tomato and all of the spices. Cook for 30 seconds or until spices are fragrant.
- 03** Add the sweet potato and vegetable broth and bring to a boil. Once boiling, lower the heat to a simmer and cook for 20 minutes.
- 04** Add the spinach. Once the spinach has wilted, add the coconut milk and stir to combine. Serve over rice and enjoy!