Curried Lentils

Recipe adapted from: budgetbytes.com

Serves: 4
Prep: 15 minutes | Cook: 30 minutes

INGREDIENTS

- 3 cups water
- 1 cup dry brown lentils
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 onion, diced
- 3 carrots, diced
- 2 tablespoons curry powder
- 1 (15 ounce) can tomato sauce
- Salt to taste
- 1/2 bunch cilantro, minced (optional)

DIRECTIONS

1. Bring water to a boil in a sauce pot, then add the lentils. Allow the pot to come back up to a boil, turn the heat to low, and place a lid on top. Simmer for 20 minutes. Drain.

2. Heat olive oil in a large skillet over medium heat. Add the garlic, onion, and carrots and sauté for about 5 minutes. Add the curry powder and sauté for 1 minute more.

3. Add the lentils and tomato sauce to the skillet. Stir and heat for about 5 minutes. Turn heat off and salt to taste. Top with fresh cilantro and serve with rice if desired.

*Nutrition Information

Serving Size: 1/4 recipe

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<thead>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Total fat</td>
<td>5 g</td>
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<tr>
<td>Protein</td>
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*Substitutions

2 cloves garlic —> 1 tsp. garlic powder

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