

# Curried Lentils



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

Scan for interactive recipe

**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.

\*Substitutions

2 cloves garlic → 1 tsp. garlic powder



## Nutrition Information

*Serving Size: 1/4 recipe*

<b>Calories</b>	<b>283</b>
<b>Total fat</b>	<b>5 g</b>
Saturated Fat	0.7 g
<b>Sodium</b>	<b>254 mg</b>
<b>Carbohydrates</b>	<b>49 g</b>
Fiber	11 g
Sugars	9 g
<b>Protein</b>	<b>15 g</b>

Recipe adapted from:  
budgetbytes.com