Ohio Wesleyan University | **Nutrition**

COOKING MATTERS

Coconut Lentil Curry

Serves:6	Calories per serving:
Prep time: 15	Cook time:30
1 large onion 1 bell pepper 1 jalapeño 4-6 garlic cloves 1 inch of ginger 2-3 tbsp coconut oil	Step 1: Dice the onion, bell pepper and jalapeño (remove seeds if you don't like spicy). Peel and mince the ginger and garlic. In a large stockpot, heat the oil over medium heat. Add the diced onion and peppers. Stir occasionally until soft (5 minutes). Add the minced garlic and ginger. Continue to cook 2-3 minutes.
1.5 C red lentils 1 tbsp salt 1 tbsp curry powder 1 tbsp garam masala 3 C water 28 oz can crushed tomato	Step 2: Add the lentils and seasoning to the pot and mix with vegetables, saute for 1-2 minutes until fragrant. Then add water and crushed tomatoes. Bring to a boil, then reduce heat to a simmer. Cook for 25-30 minutes, stirring occasionally and adding more water as needed.
1 can coconut milk	Step 3: Once lentils begin to fall apart, add the coconut milk, stirring to incorporate. Remove from heat. Taste the curry and add more salt or seasonings if necessary.
Cooked rice or barley ½ bunch of cilantro	Step 4: Cut the cilantro. Serve with cooked rice and top with freshly chopped cilantro.

Equipment Needed: Knives, cutting boards, burner, stockpot, wooden spoon, measuring cups/spoons, liquid measuring cup, can opener, ladle

Recipe Source: