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Lentil, Okra & Coconut Stew

Serves: 4-6 servings	Calories per serving:
Prep time: 10 minutes	Cook time: 35 minutes
<p>1 large onion 4 cloves of garlic 1 stalk lemongrass 3 inch piece of ginger 3 tbsp olive oil</p>	<p>Chop the onion and put in a bowl. Mince the garlic, lemongrass and ginger and keep these separate from the onion. Heat olive oil in a large pot over medium heat. Add the onions and cook until translucent. Add the garlic, lemongrass and ginger and cook, stirring often until garlic is starting to turn golden, about 5 minutes.</p>
<p>5 tsp curry powder 1 (15-oz) can crushed tomatoes 1 habañero</p>	<p>Slice off the sides of the habañero, being careful not to include any seeds. Then slice these into very small pieces (use less if you prefer less heat). Lower the heat and add 5 tsp curry powder, tomatoes and the chili. Cook, stirring constantly until fragrant and starting to stick to the bottom of the pot, about 2 minutes.</p>
<p>1 can coconut milk 1 cup lentils 4-5 cups water 2-3 tsp salt</p>	<p>Add the coconut milk and stir to loosen the spices, then stir in the lentils, salt, and water. Bring to a boil over medium-high heat, then lower the heat to medium-low to keep the soup at a gentle simmer. Cook until the lentils are broken down and the soup has thickened, 25-30 minutes, stirring occasionally.</p>
<p>3-5 okra pods 1 tsp curry</p>	<p>While lentils are cooking, cut the okra into 1/4 - inch rounds, removing the stems. Partially puree the soup to give it a thick consistency. Add the okra and 1 tsp additional curry powder and simmer long enough to let the flavors come together. Taste and season again with salt if needed.</p>
<p>3 scallions 1 small bunch cilantro</p>	<p>Chop scallions and cilantro. Put stew into bowls and top with cilantro and scallions</p>

Equipment Needed: Burner, stock pot, wooden spoon, cutting boards, knives, measuring spoons, measuring cups, liquid measuring cup, can opener, immersion blender, ladle



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