

Black Lentil and Vegetable Curry

Serves: 5

Prep Time: 35 minutes



Ingredients

- 1 TBSP Coconut oil (may use another plant-based oil like canola)
- 2 medium sized zucchinis diced in ½ inch cubes or triangles
- 1 large onion, diced
- 1 28-ounce can diced tomatoes
- 1 can coconut milk
- 1 16-oz bag black lentils cooked according to directions in a separate pot (takes about 25 minutes)
- 3 tsp finely chopped ginger
- 3 cloves garlic minced
- ¼ cup chopped cilantro (or substitute another fresh herb such as parsley or mint)
- A few shakes of cayenne pepper (optional)
- Kosher salt

Heat a large sauté pan over medium/high flame, once warm add coconut oil. Once the oil melts add the zucchini and onion and cook over high flame, stirring occasionally until the zucchini browns a bit. This should take about 5-7 minutes.

Next, add ginger, garlic, and about half of the prepared cilantro. Sauté for one minute or until fragrant.

Pour in coconut milk and diced tomatoes. Stir well. Drain lentils (if all water has not absorbed) and add the cooked lentils to the sauté pan, as well as one teaspoon salt and cayenne pepper. Bring to a boil.

Cover and reduce heat to a simmer. Allow ingredients to simmer for as little as 10 minutes or as long as one hour. The longer it simmers, the more the flavors will develop. Add more salt and cayenne before serving, to taste.

Serve in a bowl and sprinkle remaining cilantro as garnish. This will eat as a stew, not a soup.

***This dish is hearty enough to be a meal on its own or serve with naan or brown basmati rice.

***Feel free to replace zucchini with other vegetables such as eggplant, cauliflower, or potato or add other vegetables along with the zucchini.