

## Easy Coconut Curried Lentils

This high-fibre dish contains easy to store soup stock, lentils, canned tomatoes and coconut milk to make on a day when the fridge is looking a little bare. Add more broth and enjoy as a soup or with a side of brown rice or quinoa. You can also replace the spinach with kale. Chop up some stems and add in with the broth and save the leaves for near the end.

### Ingredients

- 2 tbsp coconut oil
- 1 onion, chopped
- ¼ tsp salt
- 3 garlic cloves, grated
- 1 tbsp fresh ginger, grated
- 2 tbsp tomato paste
- 2 tbsp curry powder
- 1 tsp turmeric (optional)
- 4 cups vegetable broth (5-6 for soup)\*
- ¾ can (796 ml) of diced tomatoes
- 2 cups dried red or green lentils
- 2 cups of baby spinach or kale, chopped loosely packed
- handful fresh cilantro, chopped
- ¼ - ½ cup full fat coconut milk (can add more to taste)
- salt and pepper, to taste



### Directions

1. In a large pot, heat the coconut oil over medium heat then add onion and sea salt.
2. Heat for 2-3 minutes then turn heat down a little and stir in garlic and ginger.
3. Add the tomato paste, curry powder and turmeric and cook for another minute.
4. Add the vegetable broth, diced tomatoes and lentils. Cover and bring to a boil, then simmer on low heat for 20 minutes, until the lentils are soft.
5. Add spinach and cilantro, stir.
6. Add ¼ cup of coconut milk and taste, add more to your liking.

This tends to thicken as it sits, so if you want a soup, you can add more broth.

\*I use GoBio yeast-free veggie cubes that I get from the natural health section in Loblaws, but you can choose your own. Read the ingredients and make sure there is no MSG aka anything that says hydrolyzed/autolyzed and yeast extract.