



## Spicy Red Lentil Curry

**Active Time:** 30 minutes | **Total Time:** 30 minutes | **Serves:** 6

### Nutrition Information Per Serving

291.3 calories, 47.99 g carbohydrate, 21.89 g fiber, 26.1 g NET carbs, 18.45 g protein, 3.55 g fat

#### Ingredients

- 1 Tbsp Thai Kitchen Red Curry Paste
- 1 tsp organic garlic, minced
- 1 tsp organic ginger root, minced
- 2 cup(s) organic red lentils
- 1 tsp sea salt
- 1 16-oz can organic crushed tomatoes
- 1 Tbsp organic curry powder
- 1 tsp chili powder
- 1 tsp organic ground cumin
- 1 large organic onion, diced
- 1 tsp organic turmeric, ground
- 1 Tbsp organic extra virgin avocado oil

#### Preparation

1. Rinse the lentils in cold water until the water runs clear. Add the lentils to a large pot with filtered or purified water to cover. Bring to a boil and simmer covered until lentils tender (about 15 minutes).
2. Meanwhile, add oil to a large, safe, non-stick skillet over medium heat. Add the onions and sauté until fragrant, about 5 minutes.
3. Combine the curry paste, curry powder, turmeric, cumin, chili powder, salt, garlic, and ginger in a mixing bowl. Mix well.
4. Add the curry mixture to the onions and cook over a medium-high heat, stirring constantly, for 1 to 2 minutes. Stir in the crushed tomatoes and reduce heat to low.
5. When the lentils are tender, drain.
6. Mix the curry base into the lentils.
7. Serve.

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