

RED LENTIL CURRY (to dehydrate) - Lee O'Reilly

coconut oil

aromatics: 4 cloves garlic, 2 inches ginger, serrano peppers or can of diced green chiles, 1 tbsp turmeric (if fresh)

spices: 1-2t each cumin, coriander, chilli powder, curry, garam masala, turmeric (if dried), pepper to taste, salt

1c red lentils

2c veg broth

1 can (large or small) diced tomatoes

1 can coconut milk

1/2 lemon

optional: blob of almond butter, cilantro, rice/naan/pita

1. rinse lentils
2. heat oil + saute aromatics in a deep skillet or pot, 2-5 minutes
3. add spices, .5-1 minute
4. add broth, scrape/stir; add lentils, tomatoes; cover
5. simmer 20-25 minutes, depending whether lentils split
6. uncover, coconut milk + almond butter, adjust spice, 5-8 minutes
7. add cilantro + lemon juice, stir.