

Coconut Curry Lentil Vegetable Stew Recipe

Prep Time: 20 minutes

Difficulty Level: Easy

Cook Time: 20-25 minutes

Servings: 8-10

Ingredients:

- $\frac{1}{2}$ pound dry green lentils (prepared)
- 1 medium onion diced
- $\frac{1}{2}$ cup of diced celery
- $\frac{1}{2}$ cup of diced carrot
- 1 large tomato diced
- 1 tablespoon of fresh minced garlic
- 2 tablespoons of avocado oil
- 8 oz coconut milk
- 1 tablespoon of red curry
- $\frac{1}{2}$ tablespoon of cayenne pepper
- dash of pepper

Directions:

1. Prepare dry green lentils - set aside.
2. Heat avocado oil to sauté onion and garlic. Once the onion is translucent, add celery and carrots with about $\frac{1}{3}$ cup of water if needed to keep veggies moist. Keep stirring so the vegetables do not dry out or stick to the pan.
3. Once the vegetables are soft, stir in prepared lentils before adding coconut milk and gently stir in spices. Bring to a slow boil and cook for about 5 minutes.
4. Serve over rice

Notes: