

Indian Spiced Lentils

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/celtuce-indian-recipe>

Ingredients:

- 4 teaspoons olive oil
- 1 onion large, diced in 1/4 inch pieces
- 2 cloves garlic minced, I used 1 tsp. minced garlic
- 1 teaspoon curry powder sweet
- 1 teaspoon hot curry powder or less, depending on how spicy you like it. You can also use your favorite curry powder blend instead of...
- 1 cup brown lentils dried, rinsed
- 2 cups homemade chicken stock or 1 can chicken broth and 1/4 cup water, or use vegetable stock for vegetarian version
- 3/4 cup chopped parsley or less
- salt /pepper to taste

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 16 grams
6. Protein: 17 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 380 milligrams
9. Sugar: 5 grams

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