

Creamy Coconut Lentil Curry

Yield: 6 min
Total Time: 50 min

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

Ingredients:

- 2 tablespoons coconut oil
- 1 tablespoon cumin seeds each:, and coriander seeds
- 1 head garlic chopped
- 28 ounces crushed tomatoes can of
- 2 tablespoons ginger chopped
- 1 tablespoon turmeric
- 2 teaspoons sea salt
- 1 cup brown lentils dried
- 2 teaspoons cayenne powder optional
- 15 ounces coconut milk
- 3 handfuls cherry tomatoes
- 1 cup chopped cilantro

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 37 grams
3. Fat: 22 grams
4. Fiber: 15 grams
5. Protein: 13 grams
6. SaturatedFat: 19 grams
7. Sodium: 980 milligrams
8. Sugar: 4 grams

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