

Lentil, Potato & Spinach Curry (Garam Masala)

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-vegetable-curry-recipe-garam-masala>

Ingredients:

- 1/3 pound green lentils picked over
- 2 tablespoons canola oil
- 1 yellow onion large, chopped
- 2 garlic cloves minced
- 2 teaspoons garam masala
- 2 red skinned potatoes large, cut in 1-inch cubes
- 2 baby spinach packed cups
- freshly ground pepper
- salt
- brown basmati rice or Steamed white, for serving
- 1/4 cup plain yogurt

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 17 grams
6. Protein: 15 grams
7. SaturatedFat: 1 grams
8. Sodium: 280 milligrams
9. Sugar: 4 grams

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