

# Indian Coconut Lentil Curry

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 1 tablespoon coconut oil
- 1 yellow onion finely chopped
- 3 cloves garlic minced
- 1 tablespoon fresh grated ginger
- 1 tablespoon curry powder
- 15 ounces crushed tomatoes
- 14 ounces coconut milk
- 15 ounces lentils drained and rinsed
- 4 cups fresh spinach chopped packed
- chopped fresh cilantro Optional garnish: