# Lentil Curry

Yield: 4 min
Total Time: 65 min

Recipe from: https://www.recipeschoose.com/recipes/peruvian-lentils-sofrito-recipe

## Ingredients:

- 3 tablespoons unsalted butter or melted coconut oil
- 1/2 cup diced yellow onion finely, ~1 small onion; 1/2 large onion
- 1 cup carrot finely diced, ~1 large carrot
- 1 tablespoon minced garlic finely, ~3 cloves
- 1/2 tablespoon finely minced ginger ~1 inch piece
- 2 tablespoons red curry paste I use Thai Kitchen which is vegetarian & mild spice
- 1 tablespoon yellow curry powder See Note 1
- 1/2 teaspoon Garam Masala EACH:, paprika, ground coriander
- 1 teaspoon ground cumin
- 3/4 teaspoon turmeric
- salt
- pepper
- 14 1/2 ounces crushed tomatoes fire-roasted
- 1 teaspoon white sugar
- 1 cup lentils green or brown uncooked, See Note 2
- 14 1/2 ounces coconut milk lite or regular
- 3 cups chicken stock or broth, Use vegetarian broth or stock to keep this vegetarian/vegan
- 1/3 cup cilantro finely diced
- juice Optional: zest and, a lemon
- basmati rice Optional: serve over cooked, See Note 3

## Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 30 milligrams
4. Fat: 36 grams
5. Fiber: 22 grams
6. Protein: 25 grams
7. SaturatedFat: 27 grams

8. Sodium: 630 milligrams
9. Sugar: 16 grams

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