

Vegan Red Lentil Curry

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/basmati-rice-and-red-lentils-indian-recipe>

Ingredients:

- 1 tablespoon coconut oil
- 4 cloves garlic minced
- 2 inches fresh ginger piece of, peeled and minced or grated
- 1 tablespoon fresh turmeric minced, see notes above for substitutes
- 2 serrano peppers diced, see notes above for spiciness level
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 teaspoon chili powder
- 2 teaspoons curry powder
- 1 teaspoon Garam Masala
- 1/8 teaspoon cayenne pepper
- kosher salt or sea salt to taste
- cracked black pepper Freshly, to taste
- 1 cup red lentils
- 2 cups low sodium vegetable broth
- 14 ounces crushed tomatoes
- 14 ounces full fat coconut milk see notes above for substitutes
- 3 tablespoons creamy almond butter unsweetened
- 1/2 lemon a small, juiced
- fresh cilantro
- basmati rice
- naan bread

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 69 grams
3. Fat: 36 grams
4. Fiber: 22 grams
5. Protein: 21 grams

6. SaturatedFat: 25 grams
 7. Sodium: 500 milligrams
 8. Sugar: 5 grams
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