



# Lentil Coconut Milk Curry



## Ingredients



Adapted from *tastybriftytimely.com*

- 1/2 tbsp oil (or broth/water)
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 tbsp curry powder
- 1 tsp cumin
- 1 cup red lentils, rinsed
- 2 cups vegetable broth
- 1 cup chickpeas
- 1/2 can diced tomatoes
- 1 cup coconut milk
- Pinch cinnamon
- 1/2 cup spinach, packed



## Directions



Yield: 4-6 servings

1. Heat oil in a deep sauté pan over medium heat. Add onion and garlic. Season with salt and pepper. Sauté for 3 minutes until softened and fragrant
2. Add the curry powder and cumin. Toast the spices for 1 minute
3. Add broth, lentils, and diced tomatoes. Raise the heat to bring to a low boil. Then reduce heat to a simmer for 10-15 minutes until the lentils are tender. Stir periodically.
4. Add coconut milk, chickpeas, and cinnamon. Cook uncovered for 5 minutes until heated through.
5. Stir in spinach and remove from heat.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Serve with rice or roasted veggies
- Add chili powder or red pepper flakes for a little spice

## Nutrition Facts

4 servings per container	
Serving size	
Amount Per Serving	<b>250</b>
<b>Calories</b>	
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 10g	50%
Trans Fat 0g	
Sodium 310mg	13%
Total Carbohydrate 258g	94%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 9g	18%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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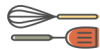
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