



Veggie Lentil Curry



Ingredients

- 2 1/2 cups lentils
- 2 small to medium onions diced or julienned
- 3 Tbsp. finely minced fresh ginger or 1 Tbsp. ground ginger
- 6-8 cloves garlic finely minced
- 7 cups water
- 1 Tbsp. lemon juice
- 2 cups of your favorite chopped veggies (carrots, peppers, spinach, squash)
- 2 tsp. salt plus some for salting water
- 1 Tbsp. sugar
- 2 Tbsp. curry powder
- Enough olive or vegetable oil to cook ginger, garlic and onion



Yield: 6 servings
Serving Size: 1 cup

Directions



1. Bring lightly salted water to a boil and add rinsed lentils. Cook on high until lentils are soft and starting to break apart stirring occasionally.
2. In a well oiled skillet add onions and cook on medium high until they start to brown, turn down heat and add ginger and garlic and cook until they start to brown but not burn.
3. Add curry powder to the ginger, garlic and onion and cook on low until readily fragrant .
4. Add veggies and a bit of water to cook for 5 minutes. Combine with lentils and cook until veggies are tender but not mushy.
5. Add lemon juice and sugar and more salt if necessary. Serve with rice and your favorite toppings (plain yogurt , cilantro and chili sauce are nice).

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Veggie Lentil Curry



Ingredients

- 2 1/2 cups red lentils
- 2 small to medium onions diced or julienned
- 3 Tbsp. finely minced fresh ginger or 1 Tbsp. ground ginger
- 6-8 cloves garlic finely minced
- 7 cups water
- 1 Tbsp. lemon juice
- 2 cups of your favorite chopped veggies (carrots, peppers, spinach, squash)
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- 1 Tbsp. sugar
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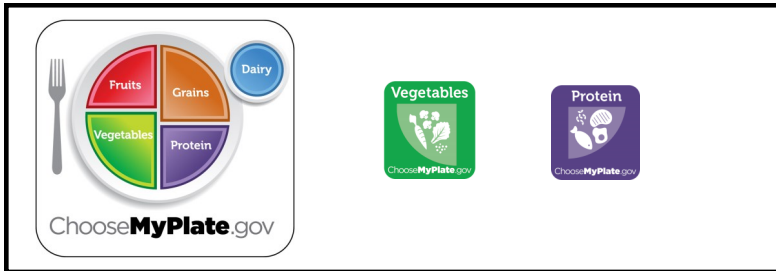
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Fast Facts



Featured Food Groups



Cooking Tips



- Getting your ginger, garlic, and onions to a caramelized point is important.
- Try blending the mixture for a creamier texture.
- Olive oil or vegetable oil is not included in the nutrition facts.
- Feel free to use powdered garlic or ginger if fresh isn't available.

Second Harvest is an equal opportunity provider.

Nutrition Facts



Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	330
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 800mg	35%
Total Carbohydrate 60g	22%
Dietary Fiber 21g	75%
Total Sugars 9g	
Includes 2g Added Sugars	4%
Sugar Alcohol 0g	
Protein 23g	46%
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 9mg	50%
Potassium 1019mg	20%

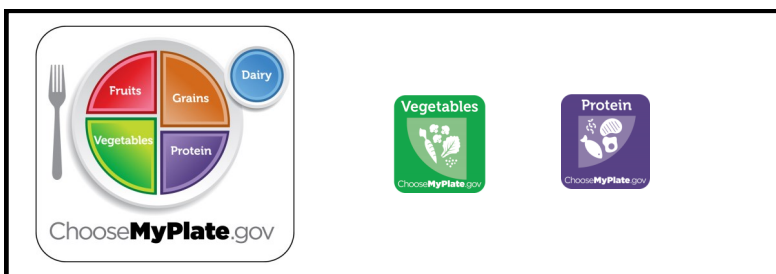
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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