

Red Lentil Coconut Curry

PREP TIME:

10 minutes

COOKING TIME:

LOW: 6 hours
or
HIGH: 3 hours

SERVES:

6

crispy papadums add
a great crunch



INGREDIENTS:

1 tbsp light olive oil
1 1/2 cups / 1 medium onion, small dice
2 tsp / 4 cloves garlic, minced
1 Indian Dal blend
1/2 tsp salt
1/4 tsp black pepper, ground
2 tbsp tomato paste
1 cup red lentils, washed and picked over
1 1/2 cups vegetable broth
1 can coconut milk

PREPARE:

heat oil in a skillet on medium; sauté onion & garlic for 2 minutes

transfer onion mixture to slow cooker

sprinkle the Indian Dal blend; add the salt, pepper, tomato paste, red lentils, broth & coconut milk

stir, cover and cook on LOW: 6 hours or HIGH: 2 1/2 - 3 hours

spoon the dal over brown basmati rice or serve as a curry side dish with naan bread