

RED LENTILS WITH GREENS AND SWEET POTATOES

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KITCHEN



Photo: Love + Craft Kitchen

Red lentils are quick-cooking and require no pre-soaking, making them a delicious and nutritious option any day of the week. This satisfying comfort food recipe is an enhanced take on Indian dal, featuring health-boosting lentils, fresh greens, sweet potatoes, turmeric, and other warm spices. It can easily be prepared ahead, then refrigerated or frozen for a wonderful lunch or quick dinner at a later date.

For a twist, add a small amount of cooked chicken, good-quality spicy sausage, or extra-firm tofu.

Tips:

- Simmer lentils very gently for best absorption and texture.
- Add salt or acids **after the lentils are cooked** and tender for best results.

Makes: approximately 4 servings

INGREDIENTS

1 tablespoon olive oil

1 cup diced onion (about 1/2 medium onion)

2 cups diced sweet potatoes (about 1 medium potato)

1 heaping tablespoon minced garlic (about 2 cloves)

1 tablespoon minced ginger

1 tablespoon sweet curry

1 1/2 teaspoons ground turmeric

1 1/2 teaspoons ground cumin

1/4 teaspoon ground cardamom

1/4 teaspoon red chili flakes

1 (14.5 ounces) can diced tomatoes (low or no sugar)

1 1/2 cups split red split lentils, rinsed

4 cups vegetable stock, low or no sodium

1 (5 ounces) can coconut cream (or 1/3 cup canned full-fat coconut milk or oat milk)

2 1/2 – 3 ounces fresh super greens or spinach, roughly chopped

2 tablespoons lemon juice

1 1/2 teaspoons kosher salt

For Garnish: fresh cilantro or basil leaves, torn or lightly chopped, and lightly chopped cashew nuts

For Serving: cooked brown basmati rice

DIRECTIONS

1. In a heavy-bottomed soup pot or other pan with deep sides and a lid, heat the olive oil over medium heat. Add the onions and sweet potatoes. Sauté, stirring occasionally, until the onions are translucent, and the veggies are lightly browned, about 3 – 5 minutes.
2. Add the garlic and ginger, stir, and continue to cook until fragrant, about 30 seconds.
3. Add the curry, turmeric, cumin, cardamom, and red chili flakes. Stir to coat the vegetables, and lightly toast the spices for about 1 minute.
4. Add the tomatoes and allow the juices to bubble and release the browned bits on the bottom of the pan. Scrape up the browned bits and incorporate into the tomato mixture.
5. Stir in the lentils and stock. Raise the heat to bring to a gentle boil. Reduce the heat, cover the pan and allow to simmer gently for 20 minutes. Stir occasionally. The lentils should be very soft and have a cream texture, and the sweet potatoes should be fully cooked yet hold their shape. Add another few minutes if necessary.
6. Stir in the coconut cream, greens, salt and lemon juice. Cover and allow to gently heat through, about 2 minutes.
7. When ready to serve, ladle into bowls over cooked brown basmati rice or serve as is. Garnish with fresh lightly chopped cilantro or basil leaves, and cashew nuts.