



JACK of CUPS
SALOON

Coconut Curried Lentils

Ingredients for 4 Servings:

1 cup of green lentils	¼ tsp celery seeds
1 Tbsp canola oil	¾ tsp whole cumin seeds
1 cup of cauliflower, chopped	¼ tsp ground turmeric
⅓ of sweet onion, chopped (~2 tsp)	1 ⅓ tsp ground ginger
1 celery stalk	⅓ tsp ground cinnamon
2 tsp garlic	⅛ tsp ground sage
3 Tbsp canned diced tomatoes, no salt added, juice reserved	1 ¼ tsp Sriracha
1 ⅓ tsp curry powder	1 ⅓ tsp granulated sugar
	3 Tbsp coconut milk
	½ cup low sodium vegetable broth

Preparation:

- In a large saucepan, bring 3 cups of water and the 1 cup of lentils to a boil. Cover tightly, reduce heat and simmer until they are tender, about 15 minutes, being careful not to overcook. Immediately rinse with cold water and set aside.
- Heat a small heavy skillet over moderate heat. Keep the skillet dry, add the whole cumin seeds, and toast them for 3 or 4 minutes, or until they turn several shades darker and begin to pop. Set aside.
- Add the onions and canola oil to a large pot. Stir them to coat the onions with oil, cover and cook, stirring occasionally, until the onions are soft and translucent but not browning, about 5 minutes. Add the garlic and celery and cook until soft, about 3 minutes. Add the cauliflower and cook until soft, about 5-7 minutes. Add the tomatoes with juice and all the dry seasonings except cumin seeds. Cook until fragrant, about 10 minutes.
- Add vegetable broth, heat through, then add the lentils, cumin seeds, coconut milk, Sriracha, cane sugar, and salt and pepper to taste.
- Simmer on medium low heat for 30 minutes.
- To make this a complete meal, serve with a large green salad and small hunk of bread.

Nutrition per serving: 235 calories, 3.6 g fat (2.5 g sat fat), 39 g carb (17 g fiber), 14 g protein, 0 mg cholesterol, 168 mg sodium