



Indian Vegetables with Coconut Lentils

4 servings

2 Tb coconut oil or ghee

$\frac{3}{4}$ cup onion, diced

$\frac{1}{4}$ tsp sea salt

1 tsp garlic minced

1 Tb fresh ginger chopped

$\frac{1}{2}$ tsp turmeric

1 Tb Madras curry powder or other mild curry powder

Pinch of cayenne (optional)

1 sweet potato, cut into 1 inch cubes (2 -2 $\frac{1}{2}$ cups) unpeeled if organic

1 carrots, diced

$\frac{3}{4}$ cup red lentils

4 cups water

1 $\frac{1}{2}$ cup string beans, into 1 $\frac{1}{2}$ " lengths

1 $\frac{1}{2}$ cup cauliflower, cut into florets

$\frac{1}{4}$ cup full fat coconut milk

Lemon wedges

- Melt ghee or oil in a large sauté pan.
- Sauté onions with salt, 5 minutes.
- Add garlic and ginger sauté on medium heat stirring occasionally until onions are soft another 2 minutes.
- Add, spices and sauté, stirring until spices are fragrant, 1 minute.

- Add the lentils and water, bring to a boil. Simmer on medium 10 minutes.
- Add potatoes and carrots, cover and simmer 15 minutes or until the lentils and sweet potatoes are almost tender.
- Add cauliflower and string beans, cook 5 minutes until vegetables are tender.
- Stir in coconut milk
- Serve sprinkled with a little coarse Celtic sea salt and a squeeze of lemon.

A few more things:

- Change up the vegetables according to what is in your refrigerator but keep the sweet potatoes for a nice sweet balance.
- If you like spicy add more curry and a pinch of cayenne.