

Curried Potatoes with Red Lentils

Rating: ★★★★★

Makes: 6 Servings

Ingredients

- 1 **tablespoon** canola oil
- 1 **tablespoon** butter (or more oil)
- 1 small onion, chopped
- 2 **cloves** garlic cloves, crushed (use 2-3 garlic cloves)
- 1 sweet potato, medium peeled and cut into 1/2-inch pieces (use a dark-fleshed potatoes)
- 2 potatoes, yellow, cut into 1/2-inch pieces (use thin-skinned potatoes, such as Yukon Gold)
- 1 **tablespoon** ginger, fresh grated
- 1 **tablespoon** curry paste (or curry powder)
- 1/2 **cup** dried red lentils
- 2 **cups** vegetable stock (or chicken stock)
chopped fresh cilantro, divided (optional, 1/2 cup)
- 1 **cup** coconut milk
- 2 **teaspoons** lime juice
salt (to taste, optional)

Directions

1. In a large, heavy skillet, heat the oil and butter over medium-high heat. When the butter melts and foam subsides, sauté the onion for 3-4 minutes, until soft and starting to turn golden.
2. Add the garlic and potatoes and cook for another 3-4 minutes until the potatoes are starting to turn golden on the edges.
3. Add the ginger and curry paste and cook for another minute.
4. Add the lentils, cilantro (optional), vegetable stock, and

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	7 g	
Carbohydrates	27 g	9%
Dietary Fiber	6 g	24%
Saturated Fat	NA	
Sodium	NA	

coconut milk. Stir to combine well and reduce the heat to a simmer.

5. Cover and cook, stirring occasionally, for 30 minutes, or until the potatoes are tender. Add a little water, stock, or coconut milk if it gets too thick.

6. Add the lime juice and season with salt (optional). Serve hot.

Notes

Curry powder used for recipe costing and nutrition analysis.

Canadian Lentils. The Big Book of Lentils Cookbook. Visit Web site