

Vegetable and Red Lentil Curry

Serves 4-6
Preparation time: 10 minutes
Cooking time: 40 minutes

Ingredients:

1 small red onion, sliced
3 cups cauliflower florettes
1 cup broccoli florettes
1 yukon gold potato, cubed
2 carrots, sliced
2 tablespoons chopped parsley
1 cup red lentils, washed and drained
1 tablespoon olive oil
1/8 teaspoon cumin
2 teaspoons tumeric
1/2 teaspoon ground coriander seed
1 bay leaf
1 teaspoon salt (to taste)
dash cayenne pepper (optional)
3 cups water

Directions:

1. Saute onion in olive oil for a few minutes. Add spices, mix well.
2. Add carrot, mix and saute briefly. Add potato, mix and saute briefly. Add cauliflower and broccoli. Mix and saute briefly.
3. Add red lentils, 3 cups water, and bay leaf. Stir well. Bring to a boil and then lower heat to a simmer.
4. Cover and simmer for 30 minutes. Uncover and simmer 10 minutes.
5. Stir in chopped parsley. Add salt and cayenne to taste.

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