

POWER YOUR MUSCLES FOR OPTIMAL HEALTH

LAVISH LENTIL STEW WITH *Dynamite Greens*

Ingredients

Oil, olive or coconut - 1 tbsp
Curry Powder - 1 tsp
Turmeric - ½ tsp
Chili Flakes, optional - ¼ tsp
Onion, sliced - ½ cup
Ginger, minced - 1 tbsp
Garlic, minced - 1 tbsp
Tomato Paste - ½ tbsp
Red Lentils or Mung Dahl - 1 cup
Diced tomatoes, canned, no salt added - 1, 14.5 oz can
Water or Vegetable Stock - 2 cups
Coconut Milk - 1 cup
Sweet Potatoes, small diced - 1 cup

Yields 3-4 Servings

Cauliflower, florets - 1 cup
Spinach, baby (alternatively, greens such as Kale, Collards, or Swiss Chard, shredded) - 2 cups
Salt - to taste
Lime juice - to taste

For Serving:

Scallions, cut on a bias - garnish
Sesame Seeds - garnish
Cooked Grain of Choice - optional



Directions

1. In a large pot, place the oil over medium heat. Once hot, add in the curry powder, turmeric, and chili flakes (if using). Allow the spices to bloom in the oil until aromatic.
2. Add in the onions and sweat until soft and translucent
3. Add in the ginger and garlic. Cook until aromatic, roughly 1 minute.
4. Stir in the tomato paste and allow to cook until the bright red color softens to a brick hue.
5. Add lentils or dahl, diced tomatoes, water (stock), and coconut milk.
6. Bring to a boil and reduce to a simmer over low heat. Allow to cook for roughly 10 minutes.
7. Add in the sweet potatoes and cook for another 5 minutes, then add the cauliflower florets. Cook for another 5 minutes, or until the sweet potatoes, cauliflower, and lentils are just tender.
8. Fold in the spinach to wilt and season to taste with salt and lime juice.
9. Turn off the heat and portion into bowls. If choosing to serve with a cooked grain, you can plate the dish either by placing the grain at the bottom of the bowl, on top of the stew, or in a separate bowl. Garnish stew with scallions and sesame seeds. Serve and enjoy!

Notes

1. Mung dahl will take roughly 40 minutes to cook until tender. You can speed the cook time up by pre-soaking the mung dahl in cold water for an hour, and draining before using in the recipe. Alternatively, cook the mung dahl for roughly 30 minutes before adding the sweet potatoes.
2. You can adjust the liquids to achieve either a thinner or thicker stew.
3. This stew is great served over your grain of choice, such as rice or quinoa.



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