Vegan Lentil Sweet Potato Curry

Sasha Visconty

Ingredients

- 1 tablespoon olive oil
- 1 yellow onion , diced
- 1 cup dried red lentils
- 1 medium sweet potato, cut into 1-inch cubes
- 1/2 teaspoon ground turmeric
- 1 tablespoon curry powder
- 2 garlic cloves, minced
- 1 inch fresh ginger, minced
- Sea salt and ground black pepper
- 3 1/2 cups vegetable broth or water
- 1/2 cup coconut milk
- 1/4 cup freshly chopped cilantro

Directions

1. Heat the olive oil in a large pot over medium heat, and saute the onion until softened, about 5 minutes. Add in the turmeric, curry powder, garlic, and ginger, and stir for 1 more minute, just until fragrant.
2. Add in the broth or water, lentils, sweet potatoes, 1 teaspoon of salt, and a 1/4 teaspoon of ground black pepper. Bring the liquid to a boil, then lower the heat and cover the pot. Cook until the lentils and sweet potatoes are both tender, about 15 minutes.
3. Stir in the coconut milk and cilantro, and adjust any seasoning to taste. You can add more salt, about a 1/2 teaspoon at a time, but this will vary based on if you used broth or water. Season to taste, with a squeeze of lemon or lime juice, if you'd like to brighten the flavor, then serve warm over cooked rice or quinoa.
4. Leftovers can be stored in an airtight container in the fridge for up to 5 days. It will thicken when chilled, but the sauce will thin out again when you heat it up.

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