

Lentil Curry with Yogurt Sauce

Servings: 6

Diet: Vegetarian & Gluten-Free

Ingredients

- 1 cup uncooked brown or green lentils
- 2 (14.5 ounce) cans diced tomatoes, no salt added
- ½ teaspoon salt
- ½ cup plain low-fat yogurt
- 2 tablespoons oil
- ½ cup fresh cilantro, chopped
- 1 large onion, chopped
- 3 cups cooked rice
- 3 cloves garlic, minced
- Optional: 1 bay leaf
- 2 tablespoons curry powder

Instructions

STEP 1: Bring about 6 cups of water to a boil over high heat in a medium pot. Add the lentils and optional bay leaf. Reduce heat to medium-low and simmer until lentils are tender, about 20 minutes. Drain and mix in salt.

STEP 2: Heat oil in a large pan over medium heat. Add the onions and cook until soft, about 5 minutes. Stir in the garlic and curry powder. Cook for 30 seconds. Stir in the tomatoes with juice. Add the cooked lentils and simmer until thickened.

STEP 3: In a small bowl, combine the yogurt and cilantro. Spoon yogurt sauce on top.



- **Reduce Food Waste:** When using fresh, soft herbs, use the stems, too. They have the same flavor as the leaves with added crunch!
- **Did You Know?** Lentils are an excellent source of plant-based protein and fiber.



Per Serving: 340 Calories | 58g Carbs | 6g Sugar | 9g Fiber | 7g Fat (1g Sat Fat) | 13g Protein | 420mg Sodium
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