

LENTIL + WINTER SQUASH COCONUT CURRY

This curry comes together in an hour, meaning that you have more time to play in the fall leaves! [Just watch for bugs]. Use vegetable stock to make this recipe vegan-friendly.

 25 minutes 1 hour 6 portions

INGREDIENTS

- 1 cup cubed sweet potatoes (peeled or unpeeled)
- 1 cup cubed acorn squash (peeled or unpeeled)
- 1 cup uncooked lentils
- 1 cup chopped onions
- 2 cans coconut milk (full fat)
- 1 tablespoon curry powder
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- 4 cups chicken broth (or vegetable broth to make it vegan)
- 1/4 cup chopped cilantro leaves and stems, rinsed

COOKING METHOD

- 1° In a medium stockpot, saute the potato, onion, winter squash, and lentils in the olive oil for 5-7 minutes, until the vegetables start to soften.
- 2° Add the curry powder, salt, pepper, broth, and coconut milk, and turn the heat down to low.
- 3° Simmer for 45 minutes, or until the lentils are tender. Season to taste and garnish with chopped cilantro.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (387 g)	% DRI
ENERGY	115 kcal	445 kcal	22 %
FAT	8 g	30 g	46 %
FATTY ACIDS, TOTAL SATURATED	6 g	22 g	112 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	237 mg	917 mg	38 %
CARBOHYDRATE	9 g	34 g	11 %
SUGARS	1 g	3 g	—
FIBER	1 g	6 g	22 %
PROTEIN	4 g	14 g	—