Lentil Pumpkin Curry

Source: The Cheese Trap by Neal Barnard, MD; recipe by Dreena Burton

This curry is full of flavor!

About the Recipe

257 Calories · 16 g Protein · 14 g Fiber
Lunch · Dinner

Lentils are a great source of protein and soluble fiber!

Ingredients

Makes 5 Servings

- 2 tbsp (30 mL) water
- 1 cup finely chopped onion
- 1 tbsp (15 mL) curry powder
- 1 tsp (5 mL) ground coriander
- 1/2 tsp (2.5 mL) ground cinnamon
- 1/2 tsp (2.5 mL) garam masala
- 1 tsp (5 mL) iodized salt
- 1 1/2 c (288 g) dried green or brown lentils, rinsed and drained
- 1 15-oz (475-mL) pumpkin puree or sweet potato puree
- 2 3/4 c (655 mL) water
- 2 apples, chopped
- 1 lemon **optional*

Directions

1. In a large pot, combine 2 tbsp (30 mL) water, onion, curry powder, coriander, cinnamon, garam masala, and salt. Cover and cook over medium or medium-high heat, stirring once, for 4 to 5 minutes, until onion starts to soften. If the

onion sticks, add another splash of water.
2. Add the lentils and stir for a few minutes, and then add the pumpkin and the water. Increase the heat to high and bring to a boil. Reduce the heat to low, add the apples, cover, and simmer for 45 to 50 minutes (or longer), until the lentils are tender and the water is absorbed.
3. If the curry is too liquid for your taste, you can reduce it (uncovered) for another 15 minutes or so. Add the lemon juice, stir to incorporate, and serve.
4. If you'd like some heat, add 1/4 tsp (1.2 mL) or more crushed red pepper flakes or a spicier curry powder along with the other spices when sauteing the onions.Note: One 15-oz (525-g) can of pumpkin puree is about 2 c (475 mL).

Nutrition Facts

Per serving

Calories: 265 kcal
Fat: 1 g
    Saturated Fat: <0.5 g
    Calories From Fat: 4%
Cholesterol: 0 mg
Protein: 16 g
Carbohydrates: 37 g
Sugar: 12 g
Fiber: 15 g
Sodium: 481 mg
Calcium: 74 mg
Iron: 7 mg
Vitamin C: 10 mg
Beta-Carotene: 5931 mcg
Vitamin E: 1.6 mg