

Jill's Joyful Kitchen



Curried Red (or Brown) Lentils

This is my son's favorite dish...he asks for it at least once a week so it's most certainly kid-approved!

1 cup red lentils
1 medium onion, finely chopped
1/8 - 1/4 teaspoon red pepper flakes
1/4 tsp salt, or more as needed
freshly ground pepper
1 clove garlic, crushed or minced
1 teaspoon cumin
1 teaspoon turmeric
1 teaspoon coriander
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
2 1/2- 3 cups vegetable broth/stock
3 tablespoons cilantro, chopped (optional)

Rinse the lentils and drain. Dry sauté the onions, garlic, salt and red pepper flakes for approximately 5-7 minutes. Add a tablespoon of water if onions stick to the pan. Stir in all the spices and cook for 1 minute. Add the lentils and 2 cups of the broth and bring to a boil. Reduce heat to a simmer and cover for 25-35 minutes, stirring occasionally and making sure it doesn't burn. If the broth is absorbed before the cooking time, then add additional water or broth as needed. Adjust salt to taste. Serve over basmati rice and garnish with chopped, fresh cilantro.

You can use brown lentils but increase cooking time to 40-45 minutes and increase the broth to a total of 4 -5 cups, (initially adding in 3 cups and then more as needed).

