Crockpot Red Curry Lentils

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Recipe source: Pinch of Yum
Yield: About 8 servings

INGREDIENTS:

- 2 cups brown lentils (yellow or green are also fine, as long as they are whole lentils, not split)

- 1 onion, diced

- 3 cloves garlic, minced

- 1 tablespoon fresh ginger, minced or shredded

- 2 tablespoons butter (Note: You can substitute vegan butter if desired or omit it completely)

- 3 tablespoons red curry paste – Add another <u>teaspoon</u> if you like it spicy

- 1 tablespoon garam masala

- ¾ teaspoon turmeric

- 1 teaspoon sugar

- 1/8 teaspoon cayenne pepper

- 1 large can tomato puree (28 ounces)

- ½ teaspoon salt

- ½ cup coconut milk Note: Do not get light coconut milk; it will be too watery

- Chopped cilantro or parsley as garnish

- Steamed basmati rice (other varieties of rice are fine) for serving

DIRECTIONS:

o   Rinse the lentils and place them in a large crockpot. Add the diced onions, garlic, ginger, butter, curry paste, garam masala, turmeric, sugar, and cayenne. Stir to combine.

- Pour 1/2 can of tomato puree over the lentils. Add 4 cups water to the crockpot. Lentils should be covered with liquid. Stir. Cover and cook on high for 4-5 hours or low for 7-8 hours.

- Check once or twice during cooking to add more water or tomato puree if the lentils are soaking up all the liquid. Ultimately, the amount of liquid you add depends on how soupy you want your lentils to be. You will probably use the remainder of the tomato puree and perhaps another ½-cup or so of water.

- Lentils will be tender when they are done cooking. Taste and season with salt at the end.

- Stir in the coconut milk and sprinkle with chopped herbs just before serving.

- Serve over rice or naan bread.