

# Cozy Curried Lentils with Kale & Cauliflower

8 SERVINGS 40 MINUTES



## INGREDIENTS

- 1 Yellow Onion (diced)
- 4 cups Vegetable Broth (divided)
- 3 Garlic (cloves, minced)
- 2 tbsps Curry Powder
- 1 tsp Garam Masala
- 1 tsp Sea Salt (divided)
- 2 tbsps Tomato Paste
- 2 cups Canned Coconut Milk (full fat)
- 1 1/2 cups Dry Green Lentils
- 1/2 head Cauliflower (chopped into small florets)
- 3 cups Kale Leaves (stems removed, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	267	Carbs	31g
Fat	12g	Protein	11g

## DIRECTIONS

- 01 In a pot over medium-high heat, sauté the onions with a splash of the vegetable broth. Cook until browned, stirring frequently and adding more broth as needed to prevent the onions from sticking.
- 02 Add the garlic, curry powder, garam masala, half the salt and tomato paste. Stir for one minute.
- 03 Add the remaining vegetable broth, coconut milk and lentils. Bring to a simmer and cook for 20 minutes. Add the cauliflower and simmer for another 15 minutes or until tender.
- 04 Stir in the kale leaves until wilted and season to your preference with the remaining salt. Divide into bowls and enjoy!