

Red Lentil Sweet Potato Dal

Web Recipe · Dinner · GF

365 cal · 20g protein · 58g carbs · 6g fat · 6 servings

Ingredients

- 1.5 cups dried red lentils rinsed
- 2 medium sweet potatoes peeled and cubed
- 1 can (14 oz) diced tomatoes
- 1 can (14 oz) light coconut milk
- 4 cups vegetable broth
- 1 large yellow onion diced
- 4 cloves garlic minced
- 1 tbsp fresh ginger grated
- 1 tbsp curry powder
- 1 tsp cumin
- 1 tsp turmeric
- 1/2 tsp cinnamon
- 1 tbsp olive oil
- 2 cups fresh baby spinach
- juice of 1 lime

Instructions

1. Heat olive oil in a large pot over medium heat. Sauté onion for 5 minutes.
2. Add garlic, ginger, curry powder, cumin, turmeric, and cinnamon. Cook 1 minute until fragrant.
3. Add rinsed red lentils, cubed sweet potatoes, diced tomatoes, coconut milk, and vegetable broth.
4. Bring to a boil, then reduce heat and simmer 25 minutes until lentils and sweet potatoes are tender.
5. Stir in baby spinach until wilted. Add lime juice.
6. Season with salt and pepper. Serve over rice with fresh cilantro.

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