

Lentil Tikka Masala



PREP TIME

2 mins

COOK TIME

15 mins



COURSE

Dinner, Lunch

CUISINE

Indian

SERVINGS

4 servings

CALORIES

340 kcal



EQUIPMENT

- sauté pan with lid
- sauce pan with lid
- strainer
- potato masher

INGREDIENTS

- $\frac{3}{4}$ cup onions diced
- 1 tsp ground ginger
- 1 tsp garlic powder
- $\frac{1}{2}$ tsp salt
- black pepper to taste
- 1 cup red lentils
- 2 cups veggie broth
- $\frac{1}{2}$ can diced tomato
- 2 Tbsp tomato paste
- $\frac{1}{2}$ tsp garam masala
- $\frac{1}{2}$ tsp coriander
- 1 cup Trader Joe's meatless grounds or TVP
- $\frac{2}{3}$ cup coconut milk
- handful of chopped spinach optional

INSTRUCTIONS

1. Add onions, ginger, garlic, salt, and pepper into your saute pan. Stir well. Set the heat to medium and let the onions start to brown. Stir occasionally to brown evenly.

2. Add all other ingredients EXCEPT TVP, coconut milk, and spinach. So your red lentils, veggie broth, diced tomato, tomato paste, garam masala, and coriander. Stir together.
3. Set your burner heat to high and let it heat until it starts to boil. Then reduce heat to low, put the lid on your sauté pan, and let it simmer for 10 to 12 minutes until you can see mostly all the liquid is absorbed into the lentils.
4. While the lentils are cooking, bring about 2 cups of water to a boil in a separate sauce pan.
5. Remove it from heat when it starts to boil. Add the meatless ground or tvp, and cover it with a lid. The Meatless Ground package says to let it sit for 10 minutes. I've never needed it to take that long.
6. After a few minutes, when the matless grounds have absorbed enough water, strain them use potato masher to mash out the extra water so they aren't get soggy. Set aside.
7. When the lentils are finished cooking and have absorbed most of the water, add in the remaining ingredients: meatless ground, coconut milk, and the optional chopped spinach. And let those cook just long enough for the spinach to wilt.
8. Serve over rice, roti or naan bread, or with a vegan protein of choice.

NUTRITION

Nutrition Facts

Lentil Tikka Masala

| Amount Per Serving | |
|-----------------------|-----|
| Calories | 340 |
| Calories from Fat 63 | |
| % Daily Value* | |
| Fat | 7g |
| | 11% |
| Carbohydrates | 48g |
| | 16% |
| Protein | 25g |
| | 50% |

* Percent Daily Values are based on a 2000 calorie diet.

Tried this recipe?
Let us know how it was!