



My body did not rebel overnight and I know that the road to recovery will be a long one, but with healthy staples like this, at least it will be tasty.

Crockpot Vegetarian Curried Lentils

Yields 4 servings

Ingredients

- 1 cup dried lentils, rinsed and drained
- 2 cups vegetable broth
- 15oz can unsweetened coconut milk
- 1 small yellow onion, diced (one cup)
- 3 cloves of garlic, minced
- 3 carrots, sliced
- 1 tablespoon curry powder

Directions

1. Place all ingredients in the slow cooker.
2. Stir.
3. Cover and cook on “low” for 8 hours.