



Lentil Coconut Curry

Jarring Instructions

YIELD

4 servings

PREP TIME

15 minutes

Ingredients

- 2/3 cup orange lentils
- 2/3 cup green lentils
- 1 Tablespoon curry powder
- 1 Tablespoon onion powder
- 1 Tablespoon garlic powder
- 2 teaspoons granulated vegetable bouillon
- 1 teaspoon cayenne pepper (or one small dried chile)

Steps

1. Measure and layer the ingredients in order.
2. Store or use as desired.

Cooking Instructions

COOKING PREP TIME

10 minutes

COOKING TIME

30 minutes

Cooking Ingredients

- 1 Jar Lentil Coconut Curry
- 4 cups water
- 1 can coconut milk (14 oz)
- 1 Tablespoon vegetable oil
- 1 lb of protein, chicken or tofu, bite-sized

Cooking Steps

1. Heat oil in large stock pot over high heat.
2. Saute protein until browned; place in separate container.
3. Mix all remaining ingredients in a large stock pan.
4. Bring to a boil over high heat.
5. Reduce heat to low; let simmer for 20 minutes or until lentils are tender.
6. Season to taste.
7. Discard chile pepper before serving.