

The Downtown Dish

Decadent Delights

Recipe Credit: Pinterest

Category: Entrée

Slow Cooker Red Lentil Curry with Sweet Potatoes

Ingredients:

2 cups dried red lentils
6 cups peeled, cubed sweet potato (about 3 medium)
4 cups low-sodium vegetable broth
1 cup water
1 small shallot finely chopped
3 tablespoons Thai red curry paste
1 tablespoon garam masala
1 teaspoon turmeric
1/2 tablespoon coconut sugar or light brown sugar
1 teaspoon ground ginger
3/4 teaspoon kosher salt
3 cloves garlic minced (about 1 tablespoon)
1 (6-ounce) can tomato paste
1 cup canned light coconut milk

For serving:

Cooked brown rice or quinoa, Fresh cilantro (highly encouraged), Lemon or lime wedges (optional but tasty)

Instructions:

Coat a 5-quart or larger slow cooker with nonstick spray. Rinse the lentils, then add them to the slow cooker. Add the sweet potato, vegetable broth, water, shallot, curry paste, garam masala, turmeric, sugar, ginger, salt, garlic, and tomato paste. Stir well to combine. Cover and cook on HIGH for 3 to 4 hours or LOW for 6 to 7 hours, until the lentils and sweet potatoes are tender. Turn off the heat and stir in the coconut milk. If you'd like a thinner consistency, stir in additional broth or water.

Taste and adjust seasoning as desired. Serve hot over prepared brown rice or quinoa. Garnish with lots of fresh cilantro and a squeeze of lemon or lime.

