

# Tomato and Lentil Curry

A speedy, one pot meal with a flavorful twist.

Makes: 4 servings  
 Prep Time: 15 minutes  
 Cook Time: 40 minutes

Source: MyPlate, Super Simple Cookbook

## Ingredients

- 2 Tbsp. vegetable oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 1/2 Tbsp. curry powder
- 3 cups water
- 1 cup lentils, rinsed and picked over
- 1 (14.5 oz.) can stewed tomatoes
- 1 tsp salt
- Cooked brown rice
- Cilantro for garnishing

## Directions

1. In a medium saucepan, heat oil over medium-low heat. Add onion, garlic, and curry powder. Cook 5-10 minutes until onions are soft and the spices are fragrant.
2. Add water, lentils, tomatoes, and salt to the saucepan. Bring to a boil and then adjust to a simmer, cooking 30-40 minutes or until lentils are soft.
3. Serve lentils over cooked brown rice and garnish with chopped cilantro.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	276
Total Fat:	8g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	825mg
Total Carbohydrates:	40g
Dietary Fiber:	8g
Total Sugars:	4g
Added Sugars:	0g
Protein	13g

## Utensils Needed

- Sharp knife
- Cutting board
- Fork
- Peeler
- Large saucepan with lid
- Measuring spoons
- Measuring cups
- Large mixing bowl
- Small bowl
- Small skillet

# SHOPPING LIST

Average total cost without oil and seasonings: \$7.37

Average cost/serving: \$1.84

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients

<input type="checkbox"/>		Add 1 to Cart Onion	<input type="checkbox"/>		Add 1 to Cart Garlic, 1 bulb
<input type="checkbox"/>		Add 1 to Cart Lentils, 1 bag	<input type="checkbox"/>		Add 1 to Cart Stewed tomatoes, 14.5 oz. can
<input type="checkbox"/>		Add 1 to Cart Brown rice, 1 pound bag	<input type="checkbox"/>		Add 1 to Cart Cilantro, 1 bunch

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chefs Notes

- For a different flavor, try different lentils. Red, green or brown lentils would all work well in this recipe.
- Don't have brown rice? Both wild rice or quinoa are other whole grain options to use in this recipe.

### Similar Recipes

- Consider trying other recipes with similar ingredients found on [snapedny.org](http://snapedny.org), such as:
  - Rice Bowl Southwestern Style
  - Brown Rice Pilaf
  - Lentil Minestrone
  - Peach Salsa