

Curried Potatoes with Red Lentils

Lentils and spices add protein and flavor to this mixed potato dish.

Makes: 6 Servings

Prep Time: 15 minutes
Cook Time: 40 minutes

Source: choosemyplate.gov recipes curried potatoes red lentils

Ingredients

- 1 tablespoon canola oil
- 1 tablespoon butter (or more oil)
- 1 small onion, chopped
- 2 cloves garlic, crushed (use 2-3 garlic cloves)
- 1 sweet potato, medium peeled and cut into 1/2-inch pieces (use a dark-fleshed potatoes)
- 2 potatoes, yellow, cut into 1/2-inch pieces (use thin-skinned potatoes, such as Yukon Gold)
- 1 tablespoon ginger, fresh grated
- 1 tablespoon curry paste (or curry powder)
- 1/2 cup dried red lentils
- 2 cups vegetable stock (or chicken stock)
- chopped fresh cilantro, divided (1/2 cup, optional)
- 1 cup coconut milk
- 2 teaspoons lime juice
- salt (to taste, optional)

Directions

1. In a large, heavy skillet, heat the oil and butter over medium-high heat. When the butter melts and foam subsides, sauté the onion for 3-4 minutes, until soft and starting to turn golden.
2. Add the garlic and potatoes and cook for another 3-4 minutes until the potatoes are starting to turn golden on the edges.
3. Add the ginger and curry paste and cook for another minute.
4. Add the lentils, cilantro (optional), vegetable stock, and coconut milk. Stir to combine well and reduce the heat to a simmer.
5. Cover and cook, stirring occasionally, for 30 minutes, or until the potatoes are tender. Add a little water, stock, or coconut milk if it gets too thick.
6. Add the lime juice and season with salt (optional). Serve hot.



Small Changes,
BIG Difference!



Utensils Needed

- Large Skillet
- Mixing Spoon
- Knife
- Cutting Board
- Measuring Spoons
- Measuring Cups
- Liquid Measuring Cup

SHOPPING LIST

Average total cost without oil and seasonings: \$12.06

Average cost/serving: \$2.01

Makes: 6 servings

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

Ingredients



Add 1 to Cart
Fresh Garlic



Add 1 to Cart
Fresh Onion



Add 1 to Cart
Coconut Milk 12.1 oz



Add 1 to Cart
Fresh Sweet Potato



Add 1 to Cart
Curry Powder 1.8 oz



Add 1 to Cart
Chicken Broth 32 oz



Add 1 to Cart
Dried Red Lentils 16 oz



Add 1 to Cart
100% Lime Juice 15 fl oz

SAVE TIME, SAVE MONEY

Leftover and Storage Tips

- With the extra lentils and chicken broth, you can make a great lentil soup.
- The coconut milk can be stored in the refrigerator and, used within 10 days after opening.
- The chicken broth should be stored in the refrigerator and, used within 3-4 days after opening.

My Cooking Notes

Nutrition Information

Serving Size: 1/6 of the recipe

| Nutrients | Amount |
|----------------------|--------|
| Calories: | 270 |
| Total Fat: | 14 g |
| Saturated Fat: | 10 g |
| Cholesterol: | 5 mg |
| Sodium: | 344 mg |
| Total Carbohydrates: | 31 g |
| Dietary Fiber: | 7 g |
| Total Sugars: | 5 g |
| Added Sugars: | 0 g |
| Protein | 8 g |
| Vitamin D | 0 mcg |
| Calcium | 43 mg |
| Iron | 3 mg |
| Potassium | 689 mg |