

Lentil Curry Soup

Ingredients

- 1/2 cup brown lentils
- 1/3 cup brown rice uncooked rice
- 1/2 medium onion chopped
- 4 cloves of garlic finely chopped
- 1 inch ginger finely chopped
- 1 1/2 teaspoons curry powder
- 1 1/2 cups diced tomatoes
- 2 cups of veggies bell pepper, carrots, potato (use any others that you like: cauliflower, broccoli, green beans.)
- 4 cups water
- 3/4 tsp salt
- 1 cup (30 g) chopped baby spinach

Instructions

Heat a small amount of water in a large pot over medium heat. Add the onion and cook, stirring occasionally, until tender. Add garlic, ginger, and curry and cook a minute more. Add veggies, lentils, rice and water. Bring to a boil, and then lower heat and simmer about 30 minutes or until rice and lentils are tender. Add spinach just before serving.

Lentil Walnut Burgers

Ingredients

- 1/2 cup chopped onions
- 1 clove of garlic
- 1/3 cup walnuts
- 1/4 cup packed cilantro
- 1 tsp salt
- 3/4 tsp ground cumin
- 3/3 tsp coriander
- 1/2 tsp garlic powder
- 1/2 tsp curry powder
- 3/4 cup cooked brown rice
- 1 1/2 cups cooked brown lentils or 1 15 oz can
- 2 tsp ketchup
- 1 tbsp ground flax seed
- 1/4 cup rolled oats

Instructions

- In a processor, process onion, garlic, ginger, walnuts and cilantro until finely chopped. Alternatively, cook the onions and garlic in a little bit of water until they are soft and then add to the processor.
- Add the spices, salt, rice, half of the cooked lentils and pulse a few times until well combined. Transfer to a bowl with the rest of

the lentils. Add ketchup, oil, flax egg and mix everything until evenly mixed in.

- Shape into 6-7 large patties. Pack well. Bake at 400 degrees F for 30 minutes. Serve with your favorite burger toppings.

Curried Sweet Potato Salad

Ingredients

Sweet Potatoes

- o 1 large or 2 small sweet potatoes
- o 2 tsp water
- o 1/3 tsp or more salt
- o 1/2 tsp [garam masala](#) or curry powder
- o 1/2 tsp turmeric

Lentil salad

- o 1.5 cups cooked lentils
- o 1/2 medium red onion finely chopped
- o 2 tomatoes chopped
- o salt to taste
- o 1/3 tsp [garam masala](#)
- o 1 to 2 tsp lime juice to taste
- o 1/4 cup packed chopped cilantro
- o 1/2 cup chopped kale or spinach

Instructions

- Peel and chop the sweet potatoes into small cubes. Toss in water, salt and spices until well coated. Spread on parchment lined baking sheet and bake at 425 degrees F for 15 to 20

minutes or until tender. Use chopped butternut or pumpkin or other squash for variation.

- Cook 3/4 cup dried lentils to preference, 40+ minutes in a saucepan or pressure cooker for 7 to 10 mins. Or drain and wash canned lentils and add to a bowl. (One 15 oz can will give about 1.5 cups lentils).
- Add the rest of the ingredients and mix well. Taste and adjust salt, flavor and heat.
- Assemble the bowls with a generous helping of the lentils and sweet potatoes. Add a dash of lime juice. Serve as a salad bowl.

Lentil and Kale Soup with Mushrooms

Ingredients

- o 1 large white or yellow onion, chopped
- o 4 carrots, peeled and diced
- o 2 stalks celery, diced
- o 3 cloves garlic, minced
- o 8 ounces white mushrooms, sliced
- o 1/2 teaspoon salt
- o 1 1/2 teaspoons dried thyme
- o 1/2 teaspoon dried rosemary
- o 1 1/2 cups dried green, brown, or French green lentils
- o 4 cups low-sodium vegetable broth
- o 2 cups water
- o 1 small bunch kale, stemmed and chopped

Instructions

- Heat a small amount of water in a large pot over medium heat. Add the onion, carrots, and celery and cook, stirring occasionally, for 8 minutes, until the vegetables are tender. Stir in the garlic, mushrooms, and a generous pinch of salt. Cover and cook for 5 minutes, until the mushrooms are tender and have released their juices.
- Stir in 1/2 teaspoon salt and the thyme, rosemary, and lentils, then pour in the broth and water. Bring to a boil over high heat,

then lower the heat, cover partially, and simmer, stirring occasionally, for about 30 minutes, until the lentils are tender but not mushy. Stir in the kale, cover, and cook for 10 minutes.