

CURRIED RED LENTIL STEW



INGREDIENTS *(Makes 4-6 main course servings)*

- 1 1/2 Tbs. olive oil
- 1 1/2 lbs. butternut or kumocha squash, peeled and cut into 1/2-inch pieces
- 1 onion, chopped
- 1 carrot, chopped
- 1 celery rib, chopped
- 2 garlic cloves, minced
- 2 Tbs.s minced peeled ginger
- 1 Tbs. curry powder (preferably Madras)
- 2 tsp. salt
- 1/2 tsp. pepper
- 1 cup red lentils, picked over and rinsed
- 4 cups water
- 1-2 tsp. fresh lemon juice, or to taste

Accompaniments: cooked brown basmati rice & chopped cilantro

Heat oil in a large pot and add in the squash, onion, carrot, celery, garlic, ginger, and salt. Cook until soft and beginning to brown (15-20 minutes) stirring occasionally.

Add in the curry powder and pepper. Stir to incorporate.

Add in the lentils and water. Bring to a boil and skim off any foam. Simmer for 25 to 40 minutes until the lentils are cooked. At the end stir in the lemon juice and taste to see if any additional salt or pepper is needed.

Serve over brown basmati rice and top with chopped cilantro.