



# Coconut Lentil Curry

## Directions

1. Heat oil in a large pot or skillet over medium-high heat. Add onion and carrots and cook until carrots start to soften. Add optional “plus one” mushrooms in the last few minutes to cook down.
2. Add can of crushed tomatoes, curry spice, turmeric, a pinch of salt. Cook stirring a few times for 5 minutes. Add lentils and water to the pot and bring to a boil. Reduce heat to low, cover the pot and let it simmer for 35-40 minutes, or until lentils are soft. Stir the pot a few times to prevent the lentils from sticking to the bottom. If the curry starts to dry, add a little more water.
3. Add coconut milk and canned chicken, bring the pot back to a simmer stirring frequently. Remove the pot from heat and stir in spinach. Serve over rice.

## Ingredients

- 2 Tbsp curry spice
- 1 onion, diced
- 2 carrots, peeled/diced
- 14 oz. can crushed tomatoes
- 1 Tbsp turmeric
- 1 cup dried lentils
- 2 cups water
- 15 oz. can coconut milk
- 2 cups frozen spinach, thawed
- 10 oz. can chicken, rinsed
- rice, cooked
- Plus One - mushrooms