**Vegan Red Lentil Curry**

**Ingredients**

1 Tablespoon neutral flavored oil

4 cloves garlic, minced

2 inch piece of fresh ginger, minced or grated

1 teaspoon ground turmeric

1 teaspoon ground cumin

½ teaspoon ground coriander

1 teaspoon chili powder

2 teaspoons curry powder

1 teaspoon garam masala

1 teaspoon sea salt or more to taste

Freshly cracked black pepper to taste

1 cup red lentils

2 cups low sodium vegetable broth

1 14oz. can crushed tomatoes

1 13.5oz can full fat coconut milk

1-3 tablespoons unsweetened creamy almond butter or tahini (optional for extra richness)

Juice from ½ a small lemon

½ cup cilantro freshly chopped

**Instructions**

1. Rinse lentils in cold water.
2. Heat large saucepan/pot over medium-high heat and add oil. Once oil is shimmering, add the garlic and ginger and cook for 2 minutes. Stir frequently to keep garlic from burning. (If cooking in an instant pot, turn on saute setting and follow directions).
3. Add powdered spices of turmeric, cumin, coriander, chili powder, curry powder, garam masala, salt, and black pepper. Cook for 30-60 seconds until fragrant, tossing frequently to prevent burning.
4. Pour in vegetable broth, and use spoon or spatula to scrape up any brown bits on bottom of the pot. Add the lentils and crushed tomatoes and mix well. Reduce heat to low, cover pot and simmer for 20-25 minutes, or until lentils are cooked through and have softened. If not softened after 25 minutes, add a few spoons of water and cook for another 5 minutes. (For instant pot cooking, turn off saute setting, secure the lid on the instant pot, press pressure cook setting for 15 minutes. When done cooking, quick release the pressure and carefully remove lid. Continue with directions).
5. Remove the lid and stir in the coconut milk, almond butter, along with salt and pepper to taste. Continue cooking on low heat for 5-8 minutes, until the curry has thickened and is creamy.
6. Finally, stir in the lemon juice and cilantro, and turn off the heat.
7. Serve with rice and/or Indian flat bread.

Italian dressing

* 1/3 cup lemon juice
* 6 Tbsp (3 oz) oil
* 2 Tbsp (1 oz) water
* 2 tsp crushed garlic
* 2 tsp salt
* 2 tsp dry oregano
* 1 tsp sugar (or honey/maple syrup)
* ½ tsp dry basil
* 1/3 tsp black pepper
* 1/10 tsp dry thyme