

Red Lentil Cauliflower Curry

IOWA

Student Wellness

Ingredients

- 2 cups red lentils
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 head cauliflower, chopped
- 1 Tablespoon minced ginger
- 2 Tablespoons red curry paste
- 1 teaspoon salt
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cayenne pepper
- 1/4 teaspoon ground cardamom
- 1 (29 ounce) can tomato puree (not tomato sauce)
- 1/2 cup coconut milk
- Freshly chopped cilantro (optional), for serving
- Cooked brown rice, quinoa, farro, or similar for serving



Directions

1. Place the lentils in the bottom of a slow cooker. Add the onions, garlic, cauliflower, ginger, curry paste, salt, turmeric, coriander, cumin, cayenne, and cardamom, and then stir to combine.
2. Pour the tomato puree over the top of the cauliflower and lentils. Refill the tomato puree can halfway with water, then pour it over the top of the slow cooker ingredients so that they are covered with liquid.
3. Cover and cook on HIGH for 4-5 hours or LOW for 7-8 hours, until the lentils are soft.
4. Just before serving, stir in the coconut milk.
5. Serve over brown rice, quinoa, or farro and top with fresh cilantro (optional).