

RED LENTIL PUMPKIN CURRY

This hearty curry recipe is perfect for fall! Adding pumpkin not only makes this fun, but it also increases the nutrition! Red lentils cook faster than brown, but if you want to use brown lentils, go ahead, you will just have to cook the dish longer.

Author: Adapted from Red Lentil Pumpkin Soup from Budget Bytes please visit the Budget Bytes website:

<https://www.budgetbytes.com/curried-red-lentil-and-pumpkin-soup/>

Prep Time: 10 mins

Cook Time: 20- 30 mins

Total Time: 40 mins



INGREDIENTS

- 1 yellow onion
- 1 Tablespoon olive oil
- 2 to 5 cloves garlic (more if you like garlic!, less if you don't)
- 1 Tablespoon grated fresh ginger
- 1 Tablespoon curry powder
- 1 15oz. can pumpkin purée
- 1 15 oz. can coconut milk
- 1 cup dry red lentils* (*You can use brown lentils, but you will need to increase the cooking time to 40 minutes instead of 20*)
- 3 cups chicken broth
- ½ cup peanut butter (**optional**)

Optional spice add-ins: 1 teaspoon garam masala, ½ teaspoon coriander, ¼ teaspoon red pepper flakes

Optional add veggie add-ins: chopped vegetables of any kind (potatoes, peas, carrots, broccoli) just add the last 10 minute of simmering. You could also add in a can of diced tomatoes instead of 1 cup of the broth.

INSTRUCTIONS

1. Dice the onion and cook in olive oil over medium heat until the onion is soft and starting to brown, about 7 minutes.

2. While the onion is cooking, mince the garlic, and grate the ginger. When onion is mostly done, add the **1 T garlic, 1 T ginger** and **1 T curry powder** to the onions and cook for 1 minute until fragrant. Be careful, garlic burns fast. (if adding more spices, stir them in now).
3. Next, add 4 C vegetable broth, 1 can of coconut milk, 1 can of pumpkin and 1 cup lentils. Stir to combine.
4. Place a lid on the pot and **bring to a boil over medium-high heat**.
5. Once boiling, turn the **heat down to medium-low and cover the pot**. Simmer, stirring occasionally, for 20 minutes.

****If you want to cook this ahead of time, you can prepare the recipe up to this step and pour it in a crock pot to finish cooking. Cook on low for 3-4 hours, or on high for 2-3 hours.*

6. If you want to add more vegetables, add them in the last 10 minutes of cooking.
7. Stir in the peanut butter (**if using**), taste the soup and add salt to taste. Serve over hot rice. Garnish with fresh cilantro if desired.