

Lentil, Apple and Sweet Potato Curry

Preparation time	20 minutes
Cooking time	40 minutes
Servings	4
Cost per serving	\$1.67
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, can opener, colander, large pot, small pot, wooden spoon.



Ingredients



250 ml (1 cup)
uncooked **rice**



30 ml (2 tbsp)
canola oil



1 large **yellow onion**,
peeled and chopped



3 **garlic** cloves,
peeled and minced

OR CARROTS
OR SQUASH



750 ml (3 cups)
sweet potatoes,
peeled and diced



Salt and pepper
to taste



20 ml (4 tsp)
curry powder



1 can (284 ml)
cream of tomato soup



250 ml (1 cup)
chicken broth

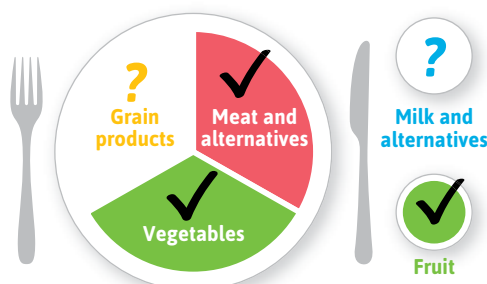


1 can (540 ml) **lentils**,
rinsed and drained



1 **apple**,
peeled and diced

Illustrations © Québec Amérique. All rights reserved (ikonet.com)



Balanced plate

Serve with:

- ? A fruit to round out the serving
- ? A glass of milk or fortified soy beverage

Directions

- 1** In a small pot, cook the **rice** as indicated on the package. Set aside.

Tip:

 - If you have a lot of broth, you can use it instead of water to cook the rice.
 - Use the cooking time to cut and measure the ingredients and go to step 2

- 2** Heat the **oil** in a large pot and add the **onion, garlic** and **sweet potato** and cook for about 10 minutes, stirring occasionally. Add **salt** and **pepper**.

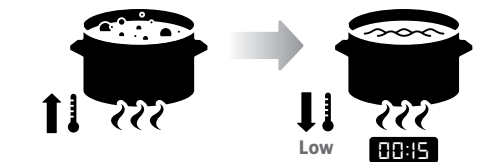
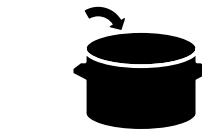
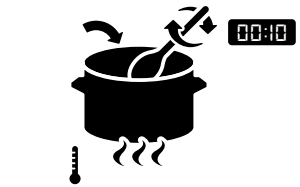
- 3** Add the **curry powder, tomato soup, chicken broth, lentils** and **apple**.

- 4** Bring to a boil, then reduce heat to low and simmer for 15 minutes.

Tip:

 - Add a bit of water if the curry is too thick.
 - Use the cooking time to prepare your side dishes.

- 5** Serve the lentil curry over rice.



My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition