Red Lentil Thai Stew With Greens

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An easy red lentil stew with Thai flavorings for an easy weeknight dinner.

Course	Entree, Stew
Cuisine	Thai
Diet	Vegetarian
Prep Time	5 minutes
Cook Time	35 minutes
Total Time	40 minutes
Servings	3
Calories	504kcal
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Ingredients

- 1 cup red lentils
- ½ onion chopped
- 1 carrot shredded
- 2 cloves garlic
- 2 tablespoon fresh ginger minced
- 1 bell pepper sliced into strips
- 1 tablespoon thai curry paste
- 1 tablespoon tomato paste
- ½ teaspoon red pepper flakes
- ¼ teaspoon garlic powder
- 1 ½-2 cups coconut milk
- 4 cups vegetable broth I actually used 2 cups broth and 2 cups water
- 4 cups greens kale, swiss chard, roughly chopped
- salt to taste

Instructions

1. Rinse the red lentils well, then set aside.
2. In a large stock pot, sauté the onions and carrots in coconut oil until soft, then add the garlic, ginger, red bell pepper, thai curry paste, tomato paste, red pepper flakes, and garlic powder. Cook until soft and fragrant.
3. Add the vegetable broth, coconut milk, and lentils. Bring to a boil, and simmer, covered, for about 25-30 minutes or until the lentils are very tender. Stir in the greens.
4. Season with salt, pepper, and the lemon or lime juice. Serve as is or with rice, farro, soba, or rice noodles!
5. Note: For a soupier kind of stew-curry, just add up to 1 cup of water during the simmering process. Also, I highly recommend doubling this recipe!

Nutrition

Calories: 504kcal | Carbohydrates: 54g | Protein: 20g | Fat: 26g | Saturated Fat: 22g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 1368mg | Potassium: 1311mg | Fiber: 22g | Sugar: 9g | Vitamin A: 10049IU | Vitamin B1: 1mg | Vitamin B2: 0.3mg | Vitamin B3: 3mg | Vitamin B5: 2mg | Vitamin B6: 1mg | Vitamin C: 71mg | Vitamin E: 2mg | Vitamin K: 202µg | Calcium: 122mg | Copper: 1mg | Folate: 408µg | Iron: 10mg | Manganese: 2mg | Magnesium: 171mg | Phosphorus: 433mg | Selenium: 6µg | Zinc: 4mg | Choline: 85mg

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