

**GREEN LENTIL CURRY**

This recipe makes 6-7 2-cup servings

**Ingredients:**

· 7 cups of filtered water

· 2 cups dry green lentils

· 2 bay leaves

· 1 medium onion, chopped

· 6 cloves garlic, finely chopped

· 1 Tbs. dry ginger

· 1 tsp turmeric powder

· 1 tsp curry powder

· ¼ cup cilantro leaves, chopped

· Juice of 1 lemon or lime

· Black pepper to taste, I use 10 turns of the pepper mill

**Method:**

1. Rinse lentils and set aside. If you have soaked them for a couple of hours this cuts down on the cooking time by 10 minutes.

2. In a large pot, add a little water for ‘frying’. Add the onions and cook for 15 minutes until golden brown. Add the garlic, bay leaves, ginger, turmeric, and curry. Stir in and add a little water to continue cooking for 1 minute.

3. Add the water and lentils into the big pot and stir together. Bring to a boil. Reduce and cover with a lid and continue to simmer for another 20 minutes. (30 minutes if you didn't presoak the lentils).

4. Add the cilantro leaves, lemon juice and black pepper and stir to incorporate.

5. Remove from the heat. Remove and discard the bay leaves. Let cool and put into 2-cup glass containers. You can freeze them for later use.

6. Serve this over rice or potatoes.

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