



Red Lentil and Squash Curry Stew

Adapted from Oh She Glows

Ingredients:

- 1 tsp Extra virgin coconut or olive oil
- 1 sweet onion, chopped
- 3 garlic cloves, minced
- 1 Tbsp good quality curry powder (or more to taste)
- 1 carton broth (4 cups) I used low-sodium
- 1 cup red lentils
- 3 cups cooked butternut squash
- 1 cup greens of choice
- Fresh grated ginger, to taste (optional)
- Kosher salt & black pepper, to taste (I used about 1/2 tsp salt)

1. In a large pot, add EVOO and chopped onion and minced garlic. Sauté for about 5 minutes over low-medium heat.

2. Stir in curry powder and cook another couple minutes. Add broth and lentils and bring to a boil. Reduce heat and cook for 10 minutes.

3. Stir in cooked butternut squash and greens of choice. Cook over medium heat for about 5-8 minutes. Season with salt, pepper, and add some freshly grated ginger to taste. Serves 4

The Balanced Body Center

(704) 849-9393 www.knowbalance.com