Red Lentil Coconut Curry

Makes 8-10 servings

From Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert

If time allows, place can of coconut milk in freezer for 20 minutes before starting to cook. Open can and remove solidified coconut butter from the top to use in sautéing.

1 large onion, minced

* In a large soup pot sauté in coconut butter or 1 Tbsp olive oil over medium-high heat until transparent but not browned.

1 Tbsp. minced garlic

1 Tbsp. ginger, peeled and minced

2 tsp. curry powder

½ tsp each ground turmeric, ground cumin, black pepper

¼ tsp ground red pepper

¼ tsp ground cinnamon

2-3 bay leaves

* Add to onion and reduce heat to medium-low. Cook and stir constantly for 3 minutes, do not let spices and onion brown.

13.5 oz can coconut milk

¼ c. tamari or soy sauce

1 c. tomato sauce

* Add and simmer on low heat for 20 minutes, stirring often.

2 c. dried red lentils, rinsed

5 c. water

* In saucepan cook for 15 minutes. Add, with liquid, to soup pot.

1 medium head cauliflower , cut into 1 ½ inch florets

1 large sweet potato, peeled and cut into 1-inch cubes

¼ head cabbage, cut into 1 ½ inch chunks

1-2 c. peas, (optional)

\* Add to soup pot and cook over medium heat just until tender. If using peas, add at the end of the cooking time. Serve over brown rice with toppings (optional); Indian chutneys and pickles, fresh diced pears, roasted sunflower seeds, plain yogurt.