Lentil, Chickpea & Green Pea Curry

9 ingredients · 30 minutes · 4 servings

Directions

1. In a pot, add the onion with a splash of water. Cook and stir over medium heat for about five minutes or until soft. Add the garlic and cook for another minute.

2. Add the curry powder, cook, and stir for another minute. Add the chickpeas, green peas, and vegetable broth to the pot. Cover with a lid and let it simmer on low heat for about 10 minutes.

3. Add the lentils and coconut milk, stir, and season with salt and pepper. Cover with a lid and let it simmer for another 10 minutes.

4. Divide evenly between bowls and enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Serving Size
One serving is equal to approximately one cup.

More Flavor
Add cumin, chili, and spinach.

Additional Toppings
Top with cilantro or green onion.

Ingredients

1/2 White Onion (small, diced)

4 Garlic (cloves, minced)

1 1/2 tbsps Curry Powder

1 1/2 cups Chickpeas (cooked)

1 cup Frozen Peas (thawed)

3 cups Vegetable Broth

1 1/2 cups Lentils (cooked)

1/3 cup Canned Coconut Milk

Sea Salt & Black Pepper (to taste)