



Red Lentil Curry



Ingredients:

- 2 tsp salt
- 2 tbsp curry powder
- 1 3/4 cup red lentils
- 1 onion, diced
- 4 cloves garlic, minced
- 2 tbsp soft margarine
- 1 tbsp freshly grated ginger
- 1 butternut squash, peeled, seeded and cut into cubes
- 4 cups low-sodium chicken broth
- 2 cups water



1. HEAT BUTTER IN LARGE SAUCEPAN OVER MEDIUM HEAT. ADD CURRY POWDER AND SALT, STIR UNTIL FRAGRANT.
2. ADD ONION, GARLIC AND GINGER, COOK ABOUT 4 MINUTES.
3. ADD SQUASH, COOK UNTIL JUST BEGINNING TO SOFTEN.
4. ADD BROTH AND WATER, BRING TO BOIL, REDUCE TO SIMMER.
5. COOK UNTIL SQUASH IS SOFT, ABOUT 10 MINUTES.
6. STIR IN LENTILS, COOK UNTIL SOFT, 10-15 MINUTES.