

## Sweet Potato, Red Lentil and Cauliflower Curry

### Ingredients:

- 2 medium-large sweet potatoes, chopped into chunks
- 2 cups lite coconut milk
- 3 cups low-sodium vegetable broth
- 2 cups cauliflower florets
- 1 cup uncooked red lentils
- ¼ cup each of diced onion, fresh diced tomato, chopped cilantro and chopped celery
- 1-2 tbsp. coconut aminos or Bragg's Liquid aminos
- 1 tsp. cumin powder
- 1 tsp. fennel seed
- ½ tsp. turmeric powder
- Thinly sliced green onions and a few sprigs of cilantro for garnish

### Directions:

1. Place the lentils, sweet potatoes, broth, onions and coconut milk into a large pot over medium-high heat; cook for 5-8 minutes then add celery.
2. Continue cooking for another 10-15 minutes or until potatoes are fork tender
3. Add cauliflower, cilantro and seasonings and cook for another 1-2 minutes before removing from the heat.
4. Serve over rice, quinoa, millet, etc. or with a salad.
5. Garnish with green onions and cilantro.

**Tip:** This recipe freezes well, so portion up any leftovers and freeze for up to a month.

Servings: approximately 6

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