



# FORKS OVER KNIVES®

## Curried French Lentils | by Cathy Fisher

Serves 4 (makes about 8 cups or 4 bowls)



- 6 cups water
- 1 cup French Green lentils
- 1 yellow onion, chopped
- 1 small yam or sweet potato, diced (about two cups)
- 2 cups small cauliflower florets
- 2 ribs celery, sliced
- 1 can (14.5-ounce) diced, salt-free tomatoes
- 2 teaspoons curry powder
- 2 teaspoons dried green herbs  
(like a French or Italian blend)
- 1 teaspoon granulated onion
- 1 teaspoon granulated garlic
- 4 cups greens cut into bite-size pieces (like kale, chard, spinach, collards, beet greens)

### Instructions:

In a soup pot on high, bring the water and lentils to a boil. Reduce heat to medium and cook for 20 minutes (a low boil).

Add the onion, yam/sweet potato, cauliflower, celery, tomatoes (including juice), and the four herbs and spices. Cook for 10 minutes at the same heat. Add greens, and cook for 5-10 more minutes (spinach, chard and beet greens won't take as long to cook as kale or collard greens), until potatoes and greens are tender. Serve as is or over cooked brown rice.

### Chef's Notes:

**Soup, stew or filling:** As written, this recipe is more of a stew than a soup (especially upon reheating the next day), so I like to serve it over brown or wild rice, or in a corn tortilla with a little avocado on top. But you can easily make it into a soup by adding 1-2 cups of water in step two.

**Lentils:** A variety of lentils exist, and can be used in this recipe by adjusting the cooking time slightly (mainly for red lentils, which take only 25-30 minutes to cook).

**Tomatoes:** Fresh tomatoes can also be used, especially when they are in season (about 1-½ cups diced).

**Broccoli option:** If you're not a fan of cauliflower, broccoli may be used (or both).