



Serves 3

Preparation Time: 15 minutes

Cook Time: 45 minutes

INGREDIENTS:

½ yellow onion, diced

1 small carrot, diced

1 teaspoon freshly grated ginger

3 cloves garlic, minced

1 tablespoon curry powder
(berbere is preferable)

1 teaspoon fenugreek seeds

2½ cups vegetable broth

¼ cup tomato paste

¼ cup brown or green lentils

1 Yukon Gold potato, diced

¼ cup whole-wheat orzo pasta