

Creamy Red Lentil Curry

Kid-Friendly, Nourishing, and Easy to Make

Ingredients:

- 1–2 tbsp ghee or olive oil
 - 1 medium onion, finely chopped
 - 2 large carrots, diced
 - 2 garlic cloves, minced
 - 2 tsp mild curry powder (or DIY spice mix below)
 - 1 cup (200 g) red lentils, rinsed
 - 2–2½ cups (500–600 ml) water or milk (dairy or plant-based)
 - ½ cup (100 ml) cream or coconut milk
 - Salt to taste
 - Optional: ½ tsp dried fenugreek leaves
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Instructions:

1. Heat ghee or oil in a medium pot. Add onion and carrot, sauté for 5 minutes until soft.
 2. Add garlic and curry powder; stir for 1 minute.
 3. Add lentils, water or milk, and salt. Bring to a simmer.
 4. Cook uncovered on low heat 15–20 minutes, stirring occasionally until creamy.
 5. Stir in cream or coconut milk, adjust salt, and thin with extra liquid if needed.
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Serving Suggestions:

Serve with brown rice, sourdough bread, or warm pita for a complete protein and balanced meal.

Ritual Tips:

- Set aside 30 minutes, create calm with music or candlelight.
- Breathe deeply, notice aromas and textures.
- Use cooking as a moment to nourish both body and mind.

DIY Gentle Curry Powder Mix:

- 2 tbsp ground turmeric
- 2 tbsp ground cumin
- 2 tbsp ground coriander
- 1 tbsp ground ginger
- 1 tbsp sweet paprika
- ½ tbsp ground cardamom
- Optional: 1 tbsp dried fenugreek leaves (rubbed between fingers)

Mix all spices well and store in a dry jar.

Bonus:

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