

# coconut curry lentil veggie stew

BY CAROLINE CHAMBERS

Serves 6 to 8

Cook time: 45 to 50 minutes

Tools:

- [Chef's knife](#) and [cutting board](#) (OR [food processor](#))
- Large pot

Ingredients:

- 1 medium red or yellow onion, minced
- 2 celery stalks, minced
- 3 medium carrots, scrubbed clean and thinly sliced
- 2 tablespoons coconut oil or other neutral cooking oil
- Kosher salt and freshly ground black pepper
- 1 (2-inch) piece fresh ginger, minced or grated
- 4 garlic cloves, minced or grated
- 1 to 3 tablespoons red curry paste (depending on the brand! see notes below!)
- 16 ounces (2 cups) dry red lentils
- 1 quart veggie stock (or 4 cups water plus 1 heaping tablespoon veggie or chicken Better Than Bouillon)
- 2 (13.5-ounce) cans full-fat coconut milk
- 1 (13.5-ounce) can crushed or diced tomatoes
- 1 small bunch fresh cilantro
- 1 tablespoon fish sauce
- 1 lime

We've got some chopping to do! You are free to do it in the food processor (chop each veggie into 4 big pieces, then pulse) or use a knife and get to it!

If using a knife: Mince **1 medium onion and 2 celery stalks**. Thinly slice **3 carrots** into round pieces. If the carrot is so thick that the piece would be too big to eat, cut the carrot in half vertically first.

Warm **2 tablespoons oil** in a large pot over medium heat. Add the chopped veggies and **a big pinch of salt and pepper** and stir until tender, 4 to 5 minutes. Turn up the heat if needed, but don't let them brown too much. Meanwhile, mince or grate **a 2-inch piece of ginger** (no need to peel it) and **4 garlic cloves**.

Stir in the **the red curry paste** (read notes below to determine how much you should add). Add the minced garlic and ginger and stir for 1 minute.

Add **16 ounces red lentils, 1 quart (4 cups) veggie stock, 2 cans coconut milk, and 1 can crushed tomatoes**.

Bring to a boil over high heat, then reduce to medium-low to simmer for 20 to 25 minutes. The lentils should be tender, but not totally mushy.

While the lentils are cooking, finely chop **1 small bunch fresh cilantro** (both leaves and stems). We are looking for 1/3 to 1/2 cup of chopped cilantro. Set some aside for garnish, and add the rest to the pot.

Stir in **1 tablespoon fish sauce and 1 tablespoon lime juice**. Taste. If it's not *delicious*, it probably needs more salt. Mine needed about 1/2 teaspoon salt, but this will depend entirely on how salty your stock and fish sauce are. Stir in a little pinch of salt at a time and keep tasting and adding until it's perfect.

Serve with cilantro on top.