



Curried Lentils with Brown Rice and Swiss Chard

2-3 Servings

Brown Rice

Ingredients:

Long Grain Brown Rice	1 cup
Water	2 cups
Celtic Sea Salt	pinch

Brown Rice

Method:

- Wash brown rice and rinse thoroughly.
- In a small sauce pot combine the rice, water and salt. Bring to a boil and turn down to a low simmer.
- Cover; simmer gently for approximately 15 minutes or until water has evaporated.
- Turn off heat. Let rice sit covered for five to ten minutes to let bloom.

Curried Lentils

Ingredients:

Green Onions, minced	3 each
Celery, small dice	½ cup
Carrot, small dice	½ cup
Garlic, minced	2 cloves
Olive Oil	1 Tbsp
Vine Ripe Tomatoes, peeled, small dice	1 cup
Parsley leaves and stems, chopped fine	1/8 cup
Curry powder	2 tsp
Tumeric powder	¼ tsp
Coriander powder	¼ tsp
Smoked Sea Salt	2 tsp

Apple Cider Vinegar (such as Bragg's brand)	1 tsp
Any variety of Lentils (such as green)	1 cup
Purified water	2 ½ cups
Organic Soy Milk	¼ cup
Celtic Sea Salt	to taste

Curried Lentils

Method:

- Sautee the first five ingredients in a large pan until vegetables begin to carmelize.
- Add tomato, parsley, spices and apple cider vinegar.
- Add lentils and water. Cover; let simmer until lentils are tender (twenty minutes or so depending on the variety).
- Turn off heat and add soy milk.
- Serve with brown rice and steamed swiss chard or any green in season.
- Garnish with diced tomato, chopped parsley and fresh cracked pepper.