



# Lentil Stew

A RECIPE BY LORA ULRICH

I love making this recipe so I have dinner prepared for days. You'll see there's a ton of veggies, so have a big bowl!

Prep Time: 10 minutes Cook Time: 30 minutes

Total Time: 40 minutes

## Ingredients

- 1 1/2 cups uncooked red lentils
- 1 head cauliflower, riced
- 1 butternut squash, diced
- 1 sweet potato, diced
- 3 cups vegetable broth
- 3 cups water
- 3 cloves garlic, minced
- 1 piece ginger, minced
- 2 teaspoons each ground coriander, garam masala, and chili powder
- 1/2 can of coconut milk

## Instructions

1. Place all the ingredients in a large pot & bring to a boil, then simmer for 30 minutes.
2. Stir in the coconut milk and as much water as needed to get the right consistency.

Enjoy!

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