



# FORKS OVER KNIVES®

## Indian Curry Lentils | by Victoria Fiore

Serves 2



- 1 cup mixed of any lentils & split peas
- 4 tablespoons yellow curry
- ½ teaspoon Turmeric
- Garlic salt to taste (optional)
- 1 full garlic head
- 1 teaspoon oregano
- 1 cup of mixed veggies of choice (I used frozen mix of corn, peas, carrots and green beans)
- ½ cup brown rice

### Instructions:

In one pot bring 5 cups of water to a boil. Add 1 cup mixed lentils & split peas. Add spices and chopped up garlic (don't add the mixed veggies yet). Cook for 50 minutes on a medium flame. In a separate pot, bring 1 and ¼ cups of water to a boil. Add ½ cup of brown rice. Cook the rice until water is absorbed on a medium flame. Never mix rice during cooking. Add the frozen veggies to the lentils and peas and cook for an additional 5 minutes or until the the frozen veggies are equally hot as the lentils and peas.

**Chef's tip:** Serve the lentils and peas topped with the brown rice.