

ALL-PURPOSE CURRY SAUCE



INGREDIENTS

1 onion, diced

3 celery ribs, diced

2 carrots, diced (I do a rough chop since I like carrot chunks)

1 bag [Trader Joe's](#) trimmed leeks

2 Tbs. curry seasoning (I used [Spice Hunter](#))

6 inch stalk of lemon grass, cut into two 3 inch pieces and smashed

OR

1-2 Tbs [Gourmet Garden](#) lemon grass paste

2 cloves of garlic, pressed or finely chopped

1-2 Tbs. fresh ginger, minced

¼-1/2 tsp. red pepper flakes

2-3 cans (depending on how "saucy" you like it) light coconut milk (approx 14 ounces each)

1 bag Trader Joe's split red lentils (about 2 1/2 cups)

32 ounce container vegetable broth

2 cups water

cilantro, chopped (as a garnish)

parsley, chopped (as a garnish)

Serve with Sriracha for those who like extra spice (ME!!!)

Water sauté the onions, celery, carrots, and leeks for 5-7 minutes. Add the curry seasoning, garlic, ginger, and red pepper flakes. Stir together to combine the flavors and cook for 1-2 minutes while continuing to stir (If the mixture is getting too dry, add a tiny bit of water).

Add the light coconut milk and stir to combine. Add the split red lentils, broth and water.

Set your slow cooker on high for 5-6 hours or low for 8-10.

Serve on top of roasted squash, steamed veggies (cauliflower, broccoli, zucchini, summer squash) potatoes, brown rice, etc. This sauce is fantastic over brown basmati rice.

Have each person salt their own food upon serving...*that way the food will taste salted, but will not be LOADED with sodium.*

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