

Easy Lentil Curry Stew *GF *V

Number of Servings: 6

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

300g or 3 cups lentils rinsed well

95g or 1/2 cup brown basmati rice

9 cups of filtered water

2 tbsp good quality olive oil or coconut oil

2 bay leaves

2-3 medium organic carrots, washed then diced (no need to peel)

300g or 2 cups diced then well-rinsed leeks including the green part

2 cloves minced garlic

1-1/2 tsp of turmeric

2 tsp Himalayan salt

1 1/2 tsp of curry powder (I used 1 tsp mild with 1/2 tsp habanero curry which is quite hot :)

25g or 1/4 cup chopped dried wild foraged mushrooms or 1 cup fresh chopped shiitake (optional)

2 hand fulls of fresh baby spinach, kale or chopped chard

Instructions

I do this in the pressure cooker but it can easily be done in the crock pot too.

Electric pressure cooker directions:

Put on the sautee mode. *Add the oil and then the leeks, carrot, garlic, bay leaves. Sautee until the veg starts to caramelize.

Add the rinsed lentils, basmati rice, curry, salt, and water. Give a good stir.

Set cooker to 30 minutes at high pressure, let rest for 10 minutes before quick release or leave to release naturally.

Open lid, and add the 2 handfuls of baby spinach, give a little stir and put the lid back on. It will be hot enough to wilt the greens so no need to add more cooking time. In a few minutes, it is ready to serve or let rest on the keep warm setting until ready to eat. Adjust seasonings with salt and pepper if needed.

Slow cooker instructions.

In a frying pan, add the oil and then the leeks, carrot, garlic, bay leaves. Sautee until the veg starts to sweat and just starts to caramelize.

Scrape into the crock pot and add remaining ingredients.

Cook on low for 8-10 hours or high for 4-6. Add the spinach to the last 10-15 minutes of cooking time.

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This freezes beautifully!

*In a hurry, no problem, just throw everything into the pot and cook, add spinach at the end and enjoy. It will not have the depth of flavour from the sauteeing but hey, sometimes life is just like that.