

Curried Lentils with Roasted Beets, Chickpeas, and Fresh Spinach



Ingredients:

6 cups vegetable broth
3 cloves garlic, finely minced
2 cups dry lentils
2 cups roasted beets, finely chopped
2 cups canned chickpeas, rinsed and drained
2 cups canned petite diced tomatoes
2 cups fresh baby spinach
1 cup tomato puree
1 medium yellow onion, finely chopped
2 tablespoons extra virgin olive oil
2 tablespoons fresh ginger, finely minced
2 tablespoons curry powder
1 tablespoon kosher salt
1 tablespoon freshly ground black pepper
1 tablespoon ground coriander
1 tablespoon ground cumin
1 tablespoon dry mustard
Juice from one lime

Directions:

- 1) Heat the olive oil in a large soup pot over medium heat. Add the onions and cook until softened, frequently stirring, about 5 minutes.
- 2) Add the beets, garlic, ginger, salt, coriander, cumin, curry, and dry mustard and cook for 1 minute until the spices are fragrant.
- 3) Stir in the broth, lentils, chickpeas, tomatoes and tomato puree, and bring the pot to a boil over high heat. Reduce the heat to medium-low and simmer until the lentils are firm but tender about 20 minutes.
- 4) Add the spinach and the lime juice, and heat through until the spinach has wilted about 2 minutes. Adjust seasonings if needed and serve.