

# Lentil Stew with Potatoes and Warm Indian Spices

## Ingredients

- 2 tablespoons olive oil
- 2 medium onions, chopped
- 3 cloves garlic, finely chopped
- 2 tablespoons grated fresh ginger
- 1 tablespoon good quality garam masala
- 1 cup diced carrots
- 1 large potato, peeled and cut into small cubes
- 2 cups red lentils, rinsed
- 1 14-ounce can diced tomatoes
- 1 cup unsweetened coconut milk (or light coconut milk)
- 5 cups vegetable or chicken broth
- 1 cup frozen peas, defrosted
- salt and pepper to taste

## Preparation

In a soup pot, heat the olive oil and sauté the onions until wilted and golden, then add the garlic, ginger, and spices and stir for a moment until they are fragrant. Be careful not to burn the spices, as this will make them bitter.

Take half of this mixture and set it aside for later. Add the carrots, potato, lentils, tomatoes, coconut milk, and stock. Let the stew simmer, without a lid, for about 30 to 40 minutes until the potatoes and lentils are tender.

Fold in the remaining onion-and-spice mixture. Add the peas to the stew last to keep their brilliant color. Simmer for another few minutes until the stew is heated through. Season with salt and pepper.