

Dirty Lentils

These savory “dirty” lentils are a powerhouse of plant-based nutrition—packed with protein, fiber, and anti-inflammatory ingredients to keep you feeling your best. Rich, hearty, and full of bold flavor, they’re delicious on their own, served over rice or quinoa, or piled onto a bun for a next-level lentil sloppy joe. However you enjoy them, this dish is pure comfort with a nutritious twist!

INGREDIENTS

3 tablespoons ghee
1/4 cup extra virgin oil
2 teaspoons cumin seed
2 teaspoons chili powder
2 teaspoons coriander, ground
1 teaspoon garam masala
1 medium yellow onion, small dice
1 medium leek, thinly sliced
3 large cloves garlic, minced
1 tablespoon fresh ginger, minced
1 teaspoon fresh jalapeño, minced
1 cup green lentils
1 cup black lentils
3 cups water
3 cups oat milk, or other unsweetened non-dairy milk
6 oz can tomato paste
2 cups shredded kale
1/2 cup flat leaf parsley, rough chop
2 teaspoons salt, or to taste

STEP 1

Measure all spices, placing in small bowl. Prep onion, leek, garlic, ginger and jalapeño.

STEP 2

In large thick bottomed pot, heat ghee and olive oil on medium. Add spice mixture, essentially toasting for 30-60 seconds.

STEP 3

Then add onion, leek, garlic, ginger and jalapeño. Let cook for 3-5 minutes until alliums are tender.

STEP 4

Add lentils to pot with water, non-dairy milk + tomato paste. Mix well and let cook, partially covered, for 30 minutes.

STEP 5

Make sure to occasionally stir. Finish with kale, parsley and salt.

SERVES

6-8

TIME

🕒 1h

SHOPPING LIST

3 tablespoons ghee
1 bottle extra virgin oil
1 jar cumin seed
1 jar chili powder
1 jar coriander, ground
1 jar garam masala
1 medium yellow onion
1 medium leek
1 head garlic
1 nob fresh ginger
1 jalapeno
1 bag green lentils
1 bag black lentils
1 container almond milk or other unsweetened non-dairy milk
6 oz can tomato paste
1 bunch shredded kale
1 bunch flat leaf parsley
salt

EQUIPMENT

Large heavy bottomed pot with cover

STORAGE

Store in the fridge for 3-4 days or in the freezer for up to 2-3 months