

# Lentil Curry

Serves 10 people

2 Tbsp olive oil  
2 medium onions, chopped  
4 Tbsp curry powder  
2 lbs sweet potato  
peeled, 1 inch chunks  
2 heads cauliflower  
separated into florets  
2 lbs tomato, diced  
2 cups brown lentils  
sorted, rinsed and drained  
4.5 cups water  
Salt to taste  
Plain Yogurt (optional)

Price at Co-o	Savings w/ Double SNAP
\$ 0.36	
\$ 1.86	\$ 0.93
\$ 0.90	
\$ 6.06	\$ 3.03
\$ 8.30	\$ 4.15
\$ 6.40	\$ 3.20
\$ 2.18	
<hr/>	
\$ 5.40 (32 ounces of plain yogurt)	
\$ 31.46 (3.14/serving)	\$ 20.15 (2.01)

## Lentil Curry Directions:

- In a 5-quart pot with a tight-fitting lid, heat oil over medium heat. Add onion and cook until softened, about 7 minutes.
- Add curry powder; cook, stirring constantly, 1 minute. Stir in sweet potato chunks, cauliflower florets, lentils, tomato and any juice, 4.5 cups water, and salt to taste.
- Bring mixture to a boil. Reduce heat to a simmer. Cover and cook until lentils and sweet potato is tender, about 30 minutes. Serve immediately; with yogurt, if desired.

