



Healthy Lentil Curry

The Ingredients

- 2 TBSP olive oil
- 1 onion, diced
- 2 carrots, chopped
- 1 bunch celery, chopped
- 2 garlic cloves, minced
- 2 TBSP curry powder
- 1/2 teaspoon freshly ground black pepper
- 8 Cups water
- 1 1/2 tsp salt
- 16 oz lentils (rinsed)
- 1/2 zucchini, chopped
- 1 bunch green onions, chopped
- 1/2 cup fresh cilantro, chopped
- 2 TSP Braggs Liquid Amino Acid

mindful carrot

copyright Mindful Carrot