



Sea of Colors
RED ROOT CHAKRA RECIPE

Root Chakra Red Curry

by Kimberly Bizjak

Ingredients

- 1 cup red lentils
- 1 small yellow onion diced
- 2 cup cauliflower
- 1 red bell pepper diced
- 2 15oz cans of diced tomatoes
- 6 garlic cloves (or more!)
- 2 tsp cumin
- 2 tsp powdered ginger (or fresh)
- 1.5 Tb red curry powder
- 1/2 tsp red chili powder
- 1/2 tsp sea salt
- 1 cup coconut milk (no sugar)
- Sprinkle of paprika

Directions

1. Rinse lentils and cook by stovetop or InstantPot and set aside.
Stovetop: add 3 cups of water to 1 cup of lentils. Bring to boil, and then cover and reduce heat to simmer until tender, approx 10-20 mins.
InstantPot: Cover lentils with water. High Pressure 2 mins. Quick Release.
2. Add cooking oil to a pan over med-hi heat. (I used coconut oil) Add garlic, onion, and ginger. Saute for 2 mins.
3. Add cumin, curry powder, and bell pepper. Saute for 1-2 mins.
4. Add potato, tomatoes (with liquid), and coconut milk. Bring to boil and simmer for 10-15 minutes or until veggies are soft.
5. Add lentils, chili powder, and sea salt to taste. Top with paprika. Serve over rice if desired.