



# VEGAN MADRAS LENTILS

## ingredients:

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| 1 cup brown basmati rice, uncooked                     | 2 cups canned no-salt-added tomato sauce or puree |
| 3/4 cup dry lentils, picked over and thoroughly rinsed | 1/2 cup canned unsweetened lite coconut milk      |
| 1 large russet potato, peeled and cubed                | 1 Tablespoon sesame oil                           |
| 2 teaspoons canola oil                                 | 1 teaspoon ground cumin                           |
| 1 large yellow onion, finely diced                     | 1 teaspoon salt                                   |
| 1 1/2 teaspoons minced garlic (about 3 cloves)         | 1/2 teaspoon dried oregano                        |
| 1 zucchini, cubed (about 2 cups)                       | 1/2 teaspoon ground coriander                     |
|  | 1/4 teaspoon red pepper flakes                    |

## directions:

1. Cook brown rice according to package directions, omitting any added salt or butter.
2. Add 3 cups water to a large skillet at least 2 inches deep. Bring to a boil over high heat. Add lentils to the boiling water. Cover and reduce heat to low. Simmer for about 14-15 minutes or until the lentils are just tender.
3. While the lentils cook, place potatoes in a medium microwave-safe bowl and cover with a paper towel. Cook potatoes on high power in the microwave until just tender, about 4 minutes.
4. Drain and transfer cooked lentils from the skillet to the bowl with the cooked potatoes. Cover and set aside.
5. Return the empty skillet to the stove and place over medium-high heat. Add canola oil. When oil is hot enough to shimmer, add onion and cook until fragrant, about 2 minutes. Add garlic and cook another 30 seconds. Add zucchini and cook until just tender, about 7-9 minutes.
6. Return cooked lentils and potato to the skillet along with tomato sauce, coconut milk, sesame oil, cumin, oregano, ground coriander, and red pepper flakes. Combine and heat through, about 5 minutes. Serve warm over brown rice.

Yield: 6 servings

## Nutrition Information Per Serving:

300 Calories  
7 grams Fat  
1.5 grams Saturated fat  
0 mg Cholesterol  
440 mg Sodium  
54 grams Carbohydrates  
6 grams Fiber  
10 grams Protein

Food exchanges: 2 starch,  
5 vegetable, 1 1/2 fat



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