



**Marjie C. Andrejciw, MT (ASCP), MS, NC**  
**Holistic Nutritional Counselor**  
[www.circleoflifenutrition.net](http://www.circleoflifenutrition.net)  
(810) 869-8898

## ***Red Lentil Cauliflower Curry***

### ***Ingredients:***

3 tbsp grape seed or peanut oil  
1 large onion, chopped  
1 large chile pepper (jalapeno or Serrano), minced  
2 large shallots  
1 ½ inch piece of fresh ginger, peeled and grated  
1 large parsnip, peeled and chopped  
2 teas curry powder  
½ teas turmeric  
½ teas ground cinnamon  
½ teas ground cumin  
½ teas ground coriander  
1 ½ cups red lentils, sorted and rinsed  
4 cups vegetable or chicken broth  
1 ½ - 2 lbs cauliflower (one medium sized), chopped into small florets  
2 tbsp chopped fresh cilantro  
2 tbsp lime juice  
Sea salt to taste

### ***Directions:***

1. In a large stockpot, heat oil over medium heat. Sauté the onion and shallots until tender and translucent, about 5 – 7 minutes.
2. Add the ginger and chile pepper and sauté an additional minute.
3. Add the spices and stir for 30 seconds, then add the parsnip and cook an additional minute.
4. Slowly add in the broth and then stir in the lentils. Stir and cover the pot, allow the mixture to simmer for 10 – 12 minutes until the lentils turn a light yellow and start to look mushy.
5. Add in the cauliflower, stir, partially cover and allow to simmer for 20 – 25 minutes until the cauliflower is tender.
6. Remove from heat, add the remaining ingredients, cover, and allow to rest for 15 minutes before serving.