

Recipe adapted from [Plant Powered Kitchen](#).



## Pumpkin Lentil Curry

1 T olive oil  
1 onion, chopped  
1 t fresh ginger, minced  
1 t garlic, minced  
1 t turmeric  
3/4 t cayenne  
1 t cumin  
1-1/4 t coriander  
1/2 t salt  
1/2 t cinnamon  
2 bay leaves  
Pepper to taste  
1-1/2 c dry green lentils  
1 c pure pumpkin  
2-3/4 c water  
1 apple, chopped with peel left on  
Juice of 1 lemon

Heat oil in a large pot. Add onions, garlic, ginger and the spices from turmeric through pepper and heat over medium-high heat, stirring occasionally for 4 to 5 minutes. Add a splash of water if the onions begin to stick to the bottom of the pan. Next add the lentils and stir through.

Once the lentils are incorporated, add the pumpkin and 2-3/4 cups of water. Increase heat to high and bring to a boil. Then reduce to heat and simmer, covered, for 30 to 35 minutes, or until lentils are tender and the water has been absorbed. (If the lentils aren't tender and the water is absorbed, add a 1/4 c more water and simmer another 5 to 7 minutes.)

Once the lentils are cooked through, remove the bay leaves, add the apple and simmer another 5 minutes. Finally, add the lemon juice, stirring through. Serve immediately or store in the refrigerator in an air tight container up to 4 days. Reheat before serving.