

What's in the Bag

1 cup Basmati
2 small onions
6 cloves garlic
Jar spices (cumin, cilantro,
curry powder)
1 (14 ounce can) coconut milk
1 (6 ounce can) tomato paste
2 cups green lentils
Cilantro and green onion

What's Not

Salt

cooking oil oil