

# Curried Lentil, Squash and Apple Stew

60 minutes

Recipe by Chloe's kitchen



## Ingredients

2 tbsp olive oil	1/2 cup dried lentils
1 onion	2 1/2 cups of boiling water
1 carrot	2 vegetable bouillon cubes
3 cloves garlic	2 tbsp tomato paste
1 tsp grated ginger	3 cups peeled and diced squash
1 tbsp curry powder	1 large apple
1 1/2 tsp salt	5 ounces kale



## Instructions

1. Boil 2 1/2 cups of water and mix well with bouillon cubes to create broth. Set aside.
2. Dice onions and carrots and grate garlic and ginger.
3. In a large pot, heat a couple glugs of olive oil over medium high heat. Add onions and carrots and allow cook for 2 to 3 minutes. Add the grated ginger, garlic, and curry powder, and cook for an additional minute. Stir in broth, tomato paste and lentils. Bring to boil, cover and simmer for 25 minutes.
4. Meanwhile, peel and dice squash and apple. Add to the pot, cover once again and continue to simmer for another 25 minutes.
5. Wash and roughly chop kale. Stir into stew until just wilted. Add 1 1/2 tsp of salt (or to taste).

Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

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6. Portion into large bowls and serve.

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