COMFORTING VEGETABLE CURRY

PREP TIME: 20 MINUTES **COOK TIME:** 35 MINUTES **TOTAL TIME:** 55 MINUTES

Ingredients

- 4 cups of vegetable broth
- 1 red bell pepper, chopped
- 2 carrots, shredded
- 1 sweet potato, chopped
- 1 cup chickpeas, canned & rinsed
- ½ cup cauliflower, finely chopped
- ½ cup red & white quinoa, rinsed
- ½ cup brown lentils, rinsed
- 1 cup of canned coconut milk

- 1 tbsp of tomato sauce or paste
- 2 garlic cloves finely minced
- 1 large onion finely chopped
- 1 tbsp of olive or coconut oil
- 1 tbsp ginger finely chopped or a drop of dōTERRA's ginger oil
- ˜ ½ tsp of salt, pepper, garlic powder, curry powder (season to taste)
- ½ tsp of turmeric or a drop of dōTERRA's turmeric oil

Suggested garnish: chopped cilantro, chopped mint, chopped Thai basil, sesame seeds, chopped cashews &/or coconut yogurt

Directions

1. Wash & chop all the vegetables
2. Bake the sweet potato at 350 °F for 30 minutes
3. Bring the vegetable broth to a boil, then add the rinsed quinoa & lentils
4. Sauté the onions, garlic, red peppers, shredded carrots, cauliflower & ginger in the oil in a large frying pan or wok for ˜20 minutes

5. Add in the coconut milk, tomato sauce & spices, & let it simmer for about 10 minutes
6. Add the chickpeas for the last 5 minutes
7. Add in the quinoa, lentils, & sweet potato
8. Top with any fresh herbs/garnishes

Enjoy!!