

Protein Rich Creamy Lentil (with vegetarian and dosha modifications)

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Good for vata, pitta, kapha

Serves 7

INGREDIENTS

- 1 cup diced leeks (about 2 medium size leeks, washed and cleaned)
- 1 Tablespoon organic cultured ghee
- 3 cups Organic chicken bone broth
- 3 /4 cup French lentils
- 3 /4 cup split red lentils
- 1 can (450 grams) chickpeas or white beans
- 1 small zucchini diced
- 2 teaspoons CCF Spice blend (ground coriander, cumin, fennel spices mixed in a 1:1:1 ratio)
- 1/8 teaspoon saffron (optional)
- 1-2 teaspoons mineral salt
- 2-3 teaspoons turmeric powder
- 1 /2 teaspoon ground ginger
- 1 tbsp tomato paste (from a tube)
- 1 ½ cups diced cherry tomatoes
- 1-2 teaspoon real maple syrup
- 1 teaspoon organic Tamari sauce
- 1 /4 cup nutritional yeast
- 2 teaspoons of fresh squeezed lime juice



Toppings

- 3/4 cup Greek yogurt
- 3 teaspoons of fresh squeezed lime juice
- Fresh herbs: basil, cilantro, parsley

Serve with a nice rustic sourdough bread, quinoa or grain of your choice

PREPARATION

1. Mix tomato paste, ¼ cup of chicken bone broth and maple syrup in a small bowl, set aside.
2. Heat a large sauce pan, and add ghee, then add diced leeks. Cook on a medium heat with a pinch of salt until caramelizing, about 8 min.
3. Add the spices and cook until fragrant. Then add lentils, cooked chickpeas or white beans, and 3 cups of chicken bone broth. Sauté a couple minutes, then add diced

zucchini with a pinch of mineral salt, nutritional yeast, tomato paste mix, and diced cherry tomatoes. Drizzle in tamari sauce.

4. Bring to a boil, then cover and turn down the heat to low and simmer for about 20 minutes or until lentils are soft.
5. Uncover and add fresh squeezed lime juice, mix and simmer uncovered until liquid has decreased by half (about 10-15 minutes). Taste and add more spices or mineral salt as needed.
6. Mix topping-Greek yogurt and lime juice and set aside
7. When dish is ready to serve, add Greek yogurt mixture on top, fresh herbs, and serve with rustic sourdough bread or grain of your choice.

Note:

- To make this dish vegetarian, use vegetable broth. This will decrease the protein amount in the dish. You may also replace with ghee with organic olive oil.

Dosha adjustments:

- For Pitta dosha-add fresh cilantro, parsley
- For Vata and Kapha doshas, may add fresh garlic, and ground black pepper, or long pepper; use fresh cilantro, parsley, or basil
- For Kapha dosha, may add 1/2 teaspoon -1 teaspoon of red chili powder
- For Vata dosha, add 1/4 teaspoon asafoetida; drizzle a little extra ghee or olive oil onto single serving dish

Nutritional Information Per Serving:

Total Fat 3g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 5mg

Total Carbs 49g

Dietary Fiber 13g

Total Sugars 10g

Net Carbs 36g

Protein 22g

Sodium 328mg

Vit A 96 mcg

Calcium 67mg

Iron 4.7mg

Potassium 694 mg

Vit B-12 23.16 mcg