

Featured Recipe



Indian Kick- Inflammation's- Ass Stew



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recipes with sass!

INDIAN KICK-INFLAMMATION'S-ASS STEW

SERVES

8

Fixings

- ★ 2 tbsp. coconut oil
- ★ 3 c. yellow onions
- ★ 3 tbsp. crushed or minced garlic
- ★ 2 tbsp. finely minced fresh ginger
- ★ 1 tbsp. ground coriander
- ★ 3 tsp. Celtic sea salt
- ★ 1 tsp. chili flakes
- ★ 1 tsp. paprika
- ★ 2 tsp. turmeric
- ★ 6 c. chicken stock
- ★ 2 c. red lentils
- ★ 5 c. cauliflower cut into small florets (about 1 medium cauliflower head)
- ★ 1 ½ c. coconut milk (one can)
- ★ 5 c. dinosaur or Tuscan kale, de-ribbed and thinly slivered
- ★ 3 bay leaves
- ★ ¼ c. parsley, finely chopped (plus more for optional garnish)
- ★ 2 tbsp. fresh lemon juice
- ★ 2 c. brown rice, cooked

Prep

1. Heat oil in large stockpot and sauté onions until translucent and just browning.
2. Add spices (garlic through turmeric) and sauté, stirring every 10 seconds, for a minute.
3. Add stock, lentils, and cauliflower and cook on medium until lentils are crisp-tender and cauliflower has softened, about 20 minutes.
4. Add coconut milk, kale, bay leaves, parsley, and lemon juice. Simmer until lentils are completely soft and creamed out, about 20 minutes more.
5. Stir in cooked rice, and serve with coarsely chopped parsley for garnish.