

# Curried Lentil, Squash, and Apple Stew

*Chloe's Kitchen pg 55*

Serving size: 4

Calories per serving: 179

## **Ingredients:**

2 tablespoons olive oil  
1 onion diced  
1 carrot peeled and diced  
3 cloves garlic minced  
1 teaspoon grated, fresh ginger or 1/2 t.  
ground ginger  
1 tablespoon curry powder  
1 1/2 teaspoons salt  
1/2 cup dried lentils  
2 1/2 cups vegetable broth  
2 tablespoons tomato paste  
3 cups peeled butternut squash diced into 1/2" cubes  
1 peeled or unpeeled apple diced  
5 ounces baby spinach



## **Directions:**

Wash and prick squash. Microwave on high for 2 minutes. Remove from microwave and slice in half lengthwise. Remove seeds. Then cube squash.

In a large pot, heat oil over medium-high heat, and sauté onions and carrots until almost soft.

Add garlic, ginger, curry, and salt, and let cook a few more minutes until fragrant.

Stir in lentils, broth, and tomato paste. Bring to boil, cover, and simmer for 25 minutes.

Add squash and apples, cover, and simmer for another 25 minutes, or until vegetables and lentils are tender.

Uncover and stir in spinach until wilted. Add salt to taste and serve.