

Grace's Lunch : Curried Split Pea + Lentil Bowl

Ingredients

- 1 cup green split peas
- 1 cup red split lentils
- 1/2 - 3/4 cup brown rice
- 8 cups filtered water
- 2 potatoes, cubed small
- 1 onion, diced small
- A handful of scallions, diced small
- 1" + piece of fresh ginger, grated
- 1" + piece of fresh turmeric, grated
- 1 tbsp curry powder
- 1 tsp + cayenne powder
- 1/2 tbsp + garam masala
- 1 tsp + cumin powder
- 1 tsp + mustard seeds
- 2 tbsp golden raisins
- 1/4 - 1/3 cup tomato paste
- 1 can of full-fat coconut milk
- Himalayan pink salt
- Crushed red pepper

Preparation

- Rinse your dried peas, lentil and rice until the water no longer runs off cloudy. Pour into a big cast iron dutch oven, add your water and bring to a boil. Reduce the heat to a simmer and add your potatoes and half of your fresh grated ginger. Cover (mostly) with lid and simmer until the peas are soft, about a half hour.
- meanwhile , toast your spices in a dry pan. Be careful not to burn them! You are looking for a toasted, warm fragrance. Set the spice mixture aside in a little bowl and add your ghee or olive oil to the hot pan. Add the onion, half the scallions, remaining ginger and golden raisins. Saute for two minutes or so, and over the course of the next few minutes add the tomato paste and then the toasted spice mixture. Allow the flavors to melt together.
- Bring it all together: add the pan's content to the simmering dutch oven, and then add the full can of coconut milk. Mix in well and allow to simmer for 20 minutes or so until the consistency is as you like; or you can cook further...
- I used a Wonderbag (which is an eco friendly, powerless, portable slow cooker... basically a giant, insulated, cushiony bag you can put a whole pot

into...) to continue cooking food. I placed the entire dutch oven into the Wonderbag so it could slowly cook for another 8 hours. This made it more like a porridge. Optional, but worth it! Garnish with lemon juice, wilted greens and/or ferments. This is also a SUPER delicious topping for a veggie burger on toast! Enjoy!