

Lentil & Carrot Coconut Stew

Ingredients

- 1/2 cup red lentils (rinsed)
- 1 large carrot, sliced
- 1/4 onion, chopped
- 1 garlic clove, minced
- 1/2 tsp turmeric
- 1/4 tsp cumin
- 1 tbsp coconut oil
- 1 1/2 cups water
- 1/4 cup full-fat coconut milk
- Salt to taste

Instructions

1. Sauté onion and garlic in coconut oil.
2. Add carrots, lentils, spices, and water.
3. Simmer covered for 20–25 minutes.
4. Stir in coconut milk and simmer 5 more minutes.
5. Serve warm.

Benefits

High in fiber and gentle for digestion; supports liver and gut with anti-inflammatory turmeric.