

# Recipes

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# Spicy Curry

- Red Lentils - wash them until water runs clear

- Garlic - mince the garlic

- Serrano Peppers - dice the peppers

- Ginger - grate the ginger

- Ground turmeric

- cumin

- coriander

- curry powder

- garam masala

- indian red chili powder

- vegetable broth

Heat saucepan with coconut oil, add garlic, peppers, ginger

then add the spices and some salt

add vegetable broth

add the red lentils

add 14oz can of crushed tomatoes

simmer for 20-25min until lentils are al dente

stir in some full fat coconut milk in a can

add almond butter

salt and pepper

fresh cilantro

lemon juice

basmati rice, naan

# Siyami Bamya

1. Dice one yellow onion and 3-4 cloves of garlic and put it in a pot with oil to caramelize
2. Add 1.5 cans of tomato sauce and one 12oz bottle of water
3. Bring to a boil
4. Add two bags of frozen okra
5. Simmer until okra is soft
6. Salt and pepper to taste
7. Serve over rice