

# 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