Recipes

- Spicy Curry
- Siyami Bamya

Spicy Curry

- Red Lentils - wash them until water runs clear

- Garlic - mince the garlic
- Serrano Peppers - dice the peppers
- Ginger - grate the ginger

- Ground termeric
- 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