

One Pot Meals

January 2022



Kale and Sweet Potato Curry

Yields: 4 servings

Recipe adapted from minimalistbaker.com

Curry: 1 1/2 Tbsp coconut oil
1 shallot, minced
2 Tbsp minced fresh ginger
2 Tbsp minced garlic
1 serrano pepper, stem removed and thinly sliced with seeds
3 Tbsp red curry paste
1 large sweet potato, skin removed + cubed
2 14-ounce cans light coconut milk

1 1/2 tsp ground turmeric
sea salt to taste
optional: 1/4 cup frozen green peas
2 cups chopped kale
optional: 1/2 cup roasted cashews
1 lemon, juiced

For Serving:

Lemon wedges
Thai (or regular) basil, or fresh cilantro
Brown rice or quinoa
Steamed broccoli

Heat a large pot over medium heat. Once hot, add oil, shallot, ginger, garlic, and pepper. Sauté for 2-3 minutes, stirring frequently. Add red curry paste and sweet potato and stir, and cook for 2 minutes more.

Add coconut milk, turmeric, and salt and stir. Bring to a simmer over medium heat.

Once simmering, add peas (optional) and slightly reduce heat. You want a simmer, not a boil, which should be around low to medium-low heat. Cook for 5-10 minutes, stirring occasionally, to soften the potato and peas, and infuse them with curry flavor. At this time also taste and adjust the flavor of the broth as needed.

Once the potatoes are softened, add kale, cashews (optional) and lemon juice, and cover. Simmer for 3-4 minutes more over low to medium-low heat.

Serve over rice, quinoa, or steamed broccoli (broccoli and rice being my favorites). This dish gets elevated with the addition of more lemon juice and Thai or regular basil for serving.



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Smoky Lentil Tacos

Yields: about 4-6 servings

Recipe adapted from minimalistbaker.com

2tsp extra virgin olive oil
1/2 cup finely diced onion
3 cloves garlic, minced
1 ½ cups finely shredded carrot
1 ¼ cups cooked lentils (rinsed and drained // can use canned lentils or sub black or pinto beans)
~1/4 cup vegetable broth or water as needed (plus more as needed)
1/2 tsp sea salt (plus more to taste)
1 tsp smoked paprika
1 tsp ground cumin
1 tsp chili powder
1-2 tsp coconut aminos
1-2 tsp nutritional yeast (*optional*)
1-2 tsp lime juice

For Serving:

Corn or flour tortillas
Shredded red cabbage
Guacamole
Cilantro
Lime wedges
Hot sauce or Salsa

Heat a large skillet over medium heat. Once hot, add oil, onion, and garlic. Sauté for 4-5 minutes, stirring frequently, or until tender.

Next, add carrots and sauté for several minutes to get slightly browned and tender, stirring frequently. Then add cooked lentils, vegetable broth, salt, paprika, cumin, chili powder, coconut aminos, and nutritional yeast (*optional*). Stir to combine.

Cover and cook over medium-low heat for 10 minutes, stirring occasionally. Then remove the lid and cook for 5-10 minutes more or until the carrots are tender and the color has deepened. Stir occasionally and add more broth (or water) as needed if it dries up. Near the end of cooking, add lime juice and stir.

Taste and adjust flavor as needed.

Serve the mixture on tortillas. For toppings, try avocado, shredded red cabbage and cilantro. Serve with lime wedges or hot sauce or salsa.