Lentil curry with rice

About
This recipe combines lentils (beans) and rice, thus making it a complete source of vegetarian protein. Lentils are widely eaten in Africa, Pakistan, Bangladesh, Turkey, and throughout the Middle East. In India, they are often seasoned with curry, a rich, earthy combination of spices that can include seeds from coriander, fennel, cumin, fenugreek, and mustard in addition to curry leaves.

Lentils are popular in many parts of the world. Originally grown in the Near East and around the Mediterranean, they spread to Asia, Europe, and finally the Western Hemisphere. Lentils have been cultivated for more than 8,500 years. They are a cool season crop and are well suited to areas with limited rainfall.

Ingredients
- 2 cups red lentils
- 1 large onion, diced
- 1 tbsp vegetable oil
- 2 tbsp curry paste
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp chili powder
- 1 tsp salt
- 1 tsp white sugar
- 1 tsp minced garlic
- 1 tsp ginger root, minced
- 1 (14.25 ounce) can tomato puree

Directions
Wash the lentils until the water runs clear, put the lentils in a pot with water to cover, and simmer covered until lentils tender (add more water if necessary). While the lentils are cooking: In a large skillet or saucepan, caramelize the onions in vegetable oil.

While the onions are cooking, mix curry paste, curry powder, turmeric, cumin, chili powder, salt, sugar, garlic, and ginger in a bowl. When the onions are cooked, add the curry mix to the onions and cook over high heat, stirring, for 1 to 2 minutes. Stir in the tomato puree and reduce heat. Allow the curry to simmer until the lentils are tender.

When the lentils are tender, drain them briefly. Mix the curry base into the lentils and serve immediately over rice.

Reference
Recipe adapted from http://vegetarian.allrecipes.com/az/RedLentilCurry.asp