Easy One-Pot Lentil Curry (Vegan)

Prep: 15 minutes • Cook: 50 minutes

A hearty, comforting lentil curry with warm spices and a creamy coconut finish—deeply flavorful, cozy, and weeknight-simple in one pot.

Ingredients

- 1-2 tablespoons olive oil or coconut oil
- 1 white or yellow onion (diced)
- 2-4 cloves garlic (minced)
- 1 tablespoon fresh ginger (minced or grated)
- 1-2 green chili peppers (finely diced (optional))
- 2 tablespoons salt-free curry powder
- 1 (14.5 oz) can crushed tomatoes
- 1 cup dried brown or green lentils (picked over and rinsed)
- 4 cups vegetable broth or water
- 1 (13.5 oz) can coconut milk (full-fat recommended)
- 1 teaspoon kosher salt (more to taste)
- to taste black pepper
- to taste fresh cilantro (chopped, for garnish (optional))
- to serve lime wedges (optional)
- to serve vegan yogurt (optional)

Instructions

1. Heat oil in a pot over medium-high heat until shimmering. Add diced onion, optional diced green chilis, minced garlic, and grated ginger; sauté 5–6 minutes until onions are translucent.

2. Stir in curry powder and toast for about 30 seconds, stirring often. Add a splash of water if needed to help distribute the spices.

3. Pour in crushed tomatoes, rinsed lentils, and vegetable broth (or water). Stir well and bring to a boil.

4. Reduce heat to maintain a rapid simmer and cook uncovered for 25–30 minutes, stirring occasionally, until lentils are tender.

5. Stir in coconut milk and simmer 5–10 minutes more until thickened to your preference. Season with salt and black pepper to taste.

6. Serve hot, garnished with fresh cilantro and lime wedges if desired. Optional: serve with vegan yogurt, rice, or vegan naan.

Tags: Vegan, One Pot, Curry, High Protein, Gluten Free, Weeknight Dinner