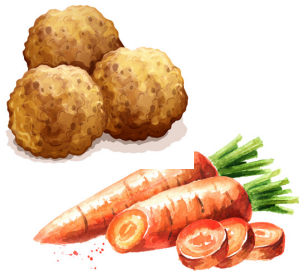


VEGETARIAN



Green Lentil Curry

with Quick Roti

and

Spiced Lentil Meatballs

with Mashed Potatoes and Gravy

Produce

Carrots, whole, 3
Cilantro, ½ bunch
Garlic, 14 cloves
Ginger, fresh, 1 (1-inch) piece
Kale, lacinato, 1 bunch
Lime, 1
Parsley, ¼ bunch
Potatoes, Yukon Gold, 1 ½ pounds
Shallots, 2

Dairy/Refrigerated

Butter, salted, 2 tablespoons *may substitute 2 tablespoons ghee or extra-virgin olive oil
Egg, 1 large
Heavy cream, 2 fluid ounces (¼ cup)

Pantry

Bread crumbs, 2 ounces (½ cup)
*may substitute ½ cup rolled oats
Broth, vegetable, 56 fluid ounces (7 cups)
Flour, all-purpose, 9 ounces (2 cups, plus 2 tablespoons)

Ghee, 3.4 ounces (⅓ cup, plus 1 tablespoon)
*may substitute ⅓ cup, plus 1 tablespoon extra-virgin olive oil

Lentils, green, dried, 9.9 ounces (2 cups)

Olive oil, extra-virgin, 3.5 fluid ounces (¼ cup, plus 3 tablespoons)

Rice, brown, uncooked, 9.5 ounces (1 ½ cups)

Tomato paste, 1 tablespoon

Seasonings

Allspice, ⅛ teaspoon

Cinnamon, ground, ¼ teaspoon

Cloves, ground, ⅛ teaspoon

Coriander, ground, ½ teaspoon

Curry powder, 1 tablespoon

Garam masala, 1 teaspoon

Garlic powder, 1 teaspoon

Turmeric, ground, ½ teaspoon

Onion powder, ½ teaspoon