

# madras lentils

prep: 15 min

serves: 6-10

slow cooker: 4-8h

freezer friendly

## ingredients:

1 cup uncooked lentils  
2 cans (15 oz) tomato sauce  
1 1/2 cups finely diced onion  
2-3 cups cubed potato  
1/2 cup cream/equivalent  
3 tbsp butter/equivalent  
3 cloves garlic, minced  
1/2 tsp kosher salt  
1/2 tsp dried oregano  
1/2 tsp cumin  
1/2 tsp black pepper  
red pepper flakes to taste  
rice or quinoa (optional)

## notes:

- ✓ vegan friendly
- ✓ serve over rice or quinoa
- ✓ freezer friendly
- ✓ spice to taste
- ✓ potluck friendly

## instructions:

- grease sides of crock pot with butter (or substitute)
- add all ingredients and stir
- cook on high for at least four hours
- potatoes stay very crisp, add cook time as desired
- serve over rice or quinoa or alone

## news:

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