

Curried Lentil Rice Bowl (E or XO)

(Depending upon the tahini amount)

This meal is big food, smart food, quick, easy, and yummy food, and best of all... super methylating food! (See page 281 in THW for why methylation is so important as we age.)

Since you're using primarily cauli-rice as the base here, this gives more room to get all the E carbs from lentils. You get a nice big hearty portion of methylating lentils over your bed of cauli-rice while still protecting your blood sugar from carb and calorie overload (that happens when people shove lots of beans or lentils and regular rice together). But if you do miss actual rice in this, add a couple of tablespoons of it to the cauli-rice, and that little bit helps the texture quite a bit.

The big beauty of this recipe for Drive Thru Sue's is that it calls for canned lentils. Canned lentils can be gentler on the tummy gas-wise for some people than home-cooked. One (15-ounce) can makes two servings of the curry, so you won't have to waste. Put ½ of the curry on your rice bowl, then the other 1/2 goes in the fridge and will be ready for you to repeat this meal another time during the week. Or you can put the other serving over salad or thin it into a soup for another meal. Of course, you can feel free to cook lentils from scratch if you prefer. If so, to make one serving of curry, take out ¾ - 1 cup of the lentils and simply halve the rest of the ingredients listed for the 2 servings of curry below.

Makes Two Servings

INGREDIENTS:

For the 2 Servings of Lentil Curry

- 1 (15-ounce) can brown lentils (drained)
- 1 (14.5-ounce) can petite diced tomatoes (partially drained... leave a little juice)
- large handfuls fresh spinach
- 1 ½ - 2 tsp yellow curry powder
- ½ tsp [TH Mineral Salt](#)
- 1 Tbs [TH Nutritional Yeast](#)



- a generous squirt or two of Bragg Liquid Aminos
- black pepper (to taste; optional)
- ginger powder (to taste; optional)
- garlic powder (to taste; optional)
- onion powder (to taste; optional)
- cayenne pepper (to taste; optional)
- garnish amount (2 ounces) lean, diced, pre-cooked or canned chicken (optional)

For the Single Serve Rice

- 1 – 1 ½ cups *Cauli Rice Hack*
- 2 Tbs pre-cooked brown rice (optional)

Optional Add-Ons

- diced green or yellow onion
- diced cilantro
- 1 tsp tahini for E or 1 Tbs for XO

INSTRUCTIONS:

1. Put all ingredients for the lentil curry in a small skillet and heat until spinach is wilted or for just 3 – 5 minutes. Smash some of the lentils as you are cooking so the mixture gets thickened.
2. Heat the *Cauli Rice Hack* in another small skillet until warmed or heat in the microwave for 45 seconds.
3. Place the cauli-rice in a bowl and top with half of the lentil curry. (Refrigerate the leftover serving.)
4. Top with the desired add-ons of choice.

Protein Nerd Notes:

You are mostly covered here for Protein Nerd Level 3 if you add the garnish amount of chicken. Still, if you're like Serene and are extra nerdy about protein bioavailability, lentils may not quite provide you with enough, even with including the small amount of chicken. In that case, you still might want to have a half serving of [TH ESSENTIAL](#) on the side, just to be sure. (*P – I don't sweat it and feel no need to add.*) If you do not choose to add the chicken, including a half serving of [TH ESSENTIAL](#) or your choice of one of our Optimized Protein Powders, or close to a full serving of [TH Optimized Collagen](#) on the side would be even more important.