



ESRD Dietitian Corner

Tomatoes are high in potassium.
Eliminate or reduce the amount you use.



Curried Lentils



“My mother and I loved to travel. We also loved to cook and try foods from other cultures. We would travel to exotic places and then return home and make the foods we loved from our trip. Since my mother’s passing I don’t travel as much but I do try to capture and experiment with the same flavors we love.”

—Abby, Transplant Patient



Prep: 10 minutes



Cook: 35 minutes



Servings: 4

Directions

1. Mince the garlic and finely dice the onion and carrots.
2. Sauté the onion, garlic, and carrots in a large skillet with olive oil over medium heat until the onions are transparent (about 5 minutes). Add the curry powder and sauté for 1 minute more.
3. Add the lentils.
4. Add 3 cups of low sodium vegetable broth or water and bring to a boil, then turn the heat to low, place a lid on top, and simmer for 20 minutes, or until the lentils are tender. If too dry, add a bit more broth or water.
5. Add the can of diced tomato (optional) with the juice, stir, and heat through (about 5 minutes). Turn the heat off, taste the lentils, and add seasoning of your choice if needed a little at a time. If you are watching your potassium, eliminate the can of diced tomato.
6. Top with fresh cilantro (optional) and serve over a bed of rice, with naan, or with crusty bread.

Ingredients

- 1 Tbsp. olive oil
- 1 clove garlic
- 1 medium onion
- 3 medium carrots (½ lb.)
- 1 C. uncooked brown lentils
- 2 Tbsp. curry powder hot or mild
- 3 C. low sodium vegetable broth or water
- 15 oz. can diced tomato, optional
- ½ bunch fresh cilantro, optional

Tips for Success

Use brown lentils because they cook quickly and hold their shape. French or green lentils take closer to 45 minutes to cook. Red and yellow lentils also cook quickly, but they tend to break down and turn into mush when cooked.



This recipe was made by patients for patients in the kidney community. Before you make any recipe, please check with your kidney care team and other providers. They can talk to you about your specific nutrient needs.

Celebration of Cultures Recipes—Meals

ESRD = End Stage Renal Disease; Tbsp. = Tablespoon; lb. = Pound; C. = Cup; oz. = Ounces

Legend: = Dialysis patient recipe; = Transplant patient recipe

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