

# Slow-Cooker Indian-Spiced Lentils

Posted By [Kate @ Our Best Bites](#) On 11.09.2012 @ 12:01 am

## Indian-Spiced Slow-Cooker Lentils

*Recipe lightly adapted from Weight Watchers*

Ingredients: 2 cups red lentils (if you can find them...check the bulk bins or a Middle Eastern market)  
10 ounces spinach (fresh and chopped or frozen and thawed)  
1 15-ounce can diced tomatoes  
1 onion, chopped  
1 tablespoon minced garlic  
1 tablespoon minced fresh ginger  
4 cups chicken broth (or vegetable broth if you want to go vegetarian/vegan)  
1 tablespoon curry powder or paste (I prefer curry paste)  
1 teaspoon mustard seeds  
1/2 teaspoon ground coriander  
1/2 teaspoon ground cumin  
1/8-1/4 teaspoon cayenne pepper  
2 teaspoons sugar  
1 1/2 teaspoons kosher salt  
Juice of 1/2 lemon or lime  
Handful of chopped cilantro, plus more for garnish if desired

**Instructions:** Combine all ingredients except for the lemon (or lime) juice and cilantro in the pot of a slow cooker. Cook on high for 3-4 hours or on low for 6-7 hours (or bring to a boil on the stove top and then simmer, covered, on low for 1 hour). Before serving, add the lemon juice and cilantro. This is delicious served over rice. Weight Watchers says this makes 6 servings, but I'd say it's closer to 8-10.

### For 8 Servings:

**Calories: 87.3**

**Fat: .6**

**Carbs: 15.7**

**Fiber: 5.7**

**Protein: 6.6**

**Weight Watcher Points: 2**

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