Curried Lentils and Cauliflower

Ingredients
1 cup dried lentils, washed and drained
1 bay leaf
2 ¾ cups water, divided
2 teaspoons ghee or extra-virgin olive oil
1 onion, chopped
1 clove garlic, minced
2 teaspoons sea salt
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon turmeric
½ teaspoon ground cinnamon
1 small head cauliflower, cut into small florets
1 cup tomato sauce
1 teaspoon freshly grated ginger
½ cup roasted cashews, for garnish

Directions
1. Place lentils in a pot with bay leaf and 2 cups of the water; bring to a boil. Lower heat, cover and let simmer 25-30 minutes, until lentils are soft and all of the water is absorbed.
2. Heat ghee or oil in a 4-quart pot or pressure cooker. Add onion, garlic, and salt; sauté until onion is soft. Add coriander, cumin, turmeric, and cinnamon. Add cauliflower, tomato sauce, ginger and ¾ cup water; stir well.
3. Cover and let simmer until cauliflower is tender (about 15-20 minutes) or bring up to pressure and cook 5-7 minutes.
4. Stir cooked lentils into cauliflower mixture, discarding the bay leaf.
5. Serve over whole grains and garnish with cashews, if desired.

Recipe from Feeding the Whole Family by Cynthia Lair. See blog http://www.cookusinterruptus.com/