

Red Lentil Dal

Prep time:

10 minutes

Cooking time:

30 minutes

Yields:

4 people

Ingredients:

1 medium onion, small diced

1 jalapeño, seeded, chopped

3 garlic cloves, minced

1 ½ cups water

1 ½ cups vegetable stock

1 cup dried red lentils

¾ teaspoon turmeric

¾ teaspoon ground cumin

½ teaspoon fresh ginger

1 can diced tomatoes

¼ cup chopped fresh cilantro

Directions:

1. Spray large pot with oil and place over medium heat. Add onion, jalapeno and garlic. Sauté until tender and golden brown, about 10 minutes. Add spices, liquid

and lentils and bring to boil. Reduce heat and simmer until lentils are tender, about 15 minutes. Add tomatoes and season to taste with salt and pepper. Finish with chopped cilantro.