



Dal – Indian Lentil Stew

INGREDIENTS

3 c yellow lentils
1/2 c onion, small dice
2 T celery, small dice
1/3 c red & green long peppers hot*
1/4 c jalapeño, minced*
1.5 T crushed garlic
3 T oil
1 T turmeric
1 t cumin seeds
2.5 t curry powder
1 t salt
1 c roasted tomatoes + their juices (You can use whole tomatoes in a can)
2.5 c water

*This amount created as dish that was medium spicy. Adjust to your taste buds.

INSTRUCTIONS

1. Chopped the onions, celery, peppers up into small dice, slice and fine mince, as noted above. Add them to a sauté pan with the oil, and let them soften.
2. Once the fresh aromatics were softened, add the dried spices and let them cook together until toasted
3. Then add the roasted tomatoes and lentils, stir to combine.
4. Add the water, cover and let simmer until done

Serving suggestions: Indian Spiced Rice, Spiced Cauliflower and Potato Pancakes.