

Red Lentil Dal

Serves 4

Ingredients

- 3 tbsp. vegetable oil, divided use
- 1 chopped onion
- 1 chopped Serrano or Jalapeno chili
- 2 tbsp. finely chopped fresh or pickled ginger
- 1 tbsp. minced garlic
- 3 cups vegetable broth
- 1 and ½ cups red lentils, rinsed
- 15-oz. can diced tomatoes
- 1 tsp. ground fennel
- 1 tsp. ground turmeric
- 1 tsp. ground mustard
- 1 tsp. fenugreek seeds
- 1 tsp. caraway seeds
- ½ tsp. chili powder
- ½ tsp. salt (more or less to taste)
- Freshly ground black pepper (to taste)
- Cooked basmati rice (optional)
- Chopped fresh cilantro (optional)



Directions

- 1) Heat up 2 tbsp. of the oil in a medium saucepan. Add the onion, Serrano or Jalapeno chili, ginger, and garlic. Sauté for 5 minutes, or until fragrant and softened.
- 2) Add the broth, lentils, and tomatoes. Bring to a boil, then simmer for 30 minutes, or until the lentils are tender and most of the liquid has been absorbed. Lightly mash the cooked lentils with a potato masher or fork.
- 3) Meanwhile, heat up remaining tablespoon of oil in a small sauté pan. When the oil is hot, add the fennel, turmeric, mustard, caraway seeds, and chili powder. Cook over medium-high heat, stirring frequently to prevent burning, for about 30 seconds, or just until the spices are fragrant.
- 4) Stir the spice mixture into the lentils and season with salt and pepper to taste.
- 5) Serve over basmati rice and top with fresh cilantro.