

Red Lentil Dahl



COURSE
Dinner, Lunch



SERVINGS
7

CALORIES
279 kcal

INGREDIENTS

- 2 tbsp olive oil
- 1 large onion chopped
- 4 garlic cloves minced
- 2 tsp ginger minced or more to taste
- 1 tsp turmeric
- 1 tsp coriander
- 1 tsp cumin
- 1 tsp red paprika powder
- 1 tsp garam masala or other curry powder to taste
- 1 ⅔ cups dry red lentils
- 3 ¼ cups vegetable broth
- 1 cup canned coconut milk
- 1 cup chopped tomatoes
- Salt and pepper to taste
- 2 tsp sugar or to taste
- 2-3 tbsp lime or lemon juice or to taste

INSTRUCTIONS

1. Heat the olive oil in a skillet or saucepan.

- 2. Add the chopped onions, and sauté for 2-3 minutes until translucent.
- 3. Then add the garlic and ginger sauté for another minute until fragrant.
- 4. Add the spices, and sauté for 30 seconds to unfold flavors.
- 5. Add the lentils and vegetable broth to the onion mixture in the skillet. Stir to combine, and bring to a simmer.
- 6. Cook covered for 8-10 minutes, or until the lentils have absorbed most of the liquid.
- 7. Add the coconut milk and tomatoes and simmer another 5-10 minutes, or until the lentils are tender.
- 8. Season with salt, pepper, coconut sugar, and lime juice to taste.
- 9. Divide into 7 servings.

NUTRITION

Nutrition Facts	
Red Lentil Dahl	
Amount Per Serving (1 g)	
Calories 279	Calories from Fat 90
% Daily Value*	
Fat 10g	15%
Carbohydrates 35g	12%
Protein 13g	26%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?
Let us know how it was!