

# 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  $\frac{2}{3}$  cups dry red lentils
- 3  $\frac{1}{4}$  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

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### Nutrition Facts

Red Lentil Dahl

Amount Per Serving (1 g)

|                          |                      |
|--------------------------|----------------------|
| <b>Calories</b> 279      | Calories from Fat 90 |
| <b>% Daily Value*</b>    |                      |
| <b>Fat</b> 10g           | 15%                  |
| <b>Carbohydrates</b> 35g | 12%                  |
| <b>Protein</b> 13g       | 26%                  |

\* Percent Daily Values are based on a 2000 calorie diet.



**Tried this recipe?**

Let us know how it was!