INDIAN RED LENTILS DAL

INGREDIENTS:

- 2 cups red lentils
- 1 cup yellow onion, chopped
- 3 garlic cloves, minced
- 5 cups water
- 6 tablespoons tomato puree
- 1 tablespoon cilantro
- 1 tablespoon fresh ginger, grated
- 1/4 cup vegetable oil
- 1 tablespoon red chili pepper flakes
- 1 tablespoon fennel seeds
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 1 tablespoon garam masala powder
- 1 teaspoon turmeric powder
- 1/8 teaspoon nutmeg
- 1 clove
- Salt to taste

DIRECTIONS:

1. Mince garlic and combine with fennel, cumin, mustard, chili pepper flakes, and clove. Chop onions and grate ginger. Set aside.
2. Pour vegetable oil into a pot and place over medium heat. When heated, add garlic and seed mixture and stir fry 30 –60 seconds. Add onions and stir well.
3. Cook, stirring occasionally until the onion are smooth and translucent. Add lentils and stir fry for 2 minutes.
4. Add 5 cups water, remaining powdered spices, fresh ginger, and the tomato puree. Stir well and bring to a simmer. Cook 25 – 30 minutes, adding water if it becomes too thick. When the lentils are starting to become mush they are ready.
5. Add salt as needed, cook another 2-3 minutes, and add fresh cilantro before serving.
6. Serve with white rice or naan. Can be stored in an airtight container for 3 days.

Nutrition Facts

Serving Size 1/2 cup (100g)
Servings Per Container 8

Amount Per Serving

Calories 270	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 4g	**16%**
Sugars 5g	
Protein 15g	

Vitamin A 8% • Vitamin C 6%
Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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