

Hearty Lentil Dahl

Servings: 5

Diet: Vegetarian, Vegan, & Gluten-Free

Ingredients

- 2 tablespoons oil
- 1 medium onion, diced
- 5 cloves garlic, minced
- 2 teaspoons fresh ginger, minced
- 1 tablespoon tomato paste
- 4 teaspoons curry powder
- ½ teaspoon cumin
- ½ teaspoon salt
- 1 (14.5 ounce) can diced tomatoes, no salt added
- 1½ cups dried lentils or dried split peas, rinsed
- 3 cups vegetable broth, no salt added
- 1 (15 ounce) can light coconut milk
- Optional: ½ teaspoons of coriander and/or turmeric, bay leaf

Instructions

STEP 1: Heat oil over medium heat in a large pot. Add onions and cook until soft, about 5 minutes. Add garlic, ginger, tomato paste, curry powder, cumin, salt and optional spices and cook until fragrant, about 1 more minute.

STEP 2: Add diced tomatoes, and cook until they begin to break down.

STEP 3: Add lentils, broth and coconut milk. Bring to a boil, then reduce heat to medium-low and simmer until desired consistency and lentils are soft, about 20-30 minutes. Serve with brown rice or naan.



- **Ingredient Swap:** If you don't have lentils on hand, try any other type of bean!
- **Nutrition Boost:** Add your favorite fresh, frozen or canned veggies and/or chickpeas for added nutrients.



Per Serving: 380 Calories | 58g Carbs | 8g Sugar | 13g Fiber | 10g Fat (4g Sat Fat) | 15g Protein | 410g Sodium
For more recipes and nutrition information, visit capitalareafoodbank.org/recipes