



Dal

Dal is the name for “lentils” in India and can also refer to various types of soups made in the country. Dal is frequently served with flatbreads such as rotis or chapatis, or with rice, a combination referred to as “dal bhat.” Dals are a good source of protein for vegetarians.

Ingredients

- 2 Tbs. canola oil
- 3 tsp. whole cumin seeds
- 2 tsp. red pepper flakes
- 1 medium onion, diced (1 1/2 cups)
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. salt
- 1 1/2 cups yellow lentils, sorted and rinsed
- 2 cups low-sodium vegetable broth
- 1 tsp. ground turmeric

Preparation

Heat oil in saucepan over medium-high heat.
Stir in cumin and red pepper flakes, and sauté for one minute.
Add onion, garlic, and salt, and sauté for one more minute.
Add lentils, vegetable broth, 2 cups water, and turmeric.
Cover, reduce heat to medium-low, and simmer for 25 minutes, or until liquid is absorbed.

Serves six.