Indian-Inspired Lentils

Ingredients
- 1 Tb. sesame oil (or olive oil, butter)
- 1 cup white onion, chopped
- 2 cloves garlic, minced (or 1 tsp. powder)
- 1 Tb. ginger, diced or grated
- 3 c. water (or broth)
- 1 c. dried red lentils
- 1 Tb. curry powder
- ¼ tsp. cayenne pepper
- 1 tsp. salt (or to taste)
- 2 Tb. tomato paste (optional)

Directions
1. In a medium pot, heat the sesame oil over medium heat. Once the oil is hot, add the onion, garlic, and ginger.
2. Cook, stirring, until onions are translucent, about 6 minutes.
3. Add remaining ingredients. Bring to a boil, then turn down to low, cover and simmer for ~20 mins., until lentils are tender.
4. Adding more water to the dahl if needed.
5. Serve hot with flatbread or rice. Garnish with a dollop of greek yogurt and chopped cilantro or green onions.

Recipe adapted from https://www.thespruceeats.com/

Get more recipes at uhs.berkeley.edu/studentnutrition
Lentil Dahl

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- 1 Tb. sesame oil (or olive oil, butter)
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- 2 cloves garlic, minced (or 1 tsp. powder)
- 1 Tb. ginger, diced or grated
- 3 c. water (or broth)
- 1 c. dried red lentils
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- 1 tsp. salt (or to taste)
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Nutrition Tip: Dahl is an Indian-inspired lentil stew. Lentils are a nutrient-dense and affordable plant protein.