

Dal

A simple vegetarian dairy-free dal, based on a recipe by Ashley Adams ¹.

Recipe

In a 3-quart stockpot or other medium-sized soup pot, heat the sesame oil over medium heat. Once the oil is hot, add the onion, garlic, and ginger. Cook, stirring often, until the onions are translucent, about 6 minutes.

1 tbsp	sesame oil (or olive oil)
1 cup	white onion, finely chopped
2	cloves garlic
1 tbsp	fresh ginger

Stirring constantly, add the water or broth, lentils, spices, and salt. Bring to a low boil, then turn down the heat to low, cover and let the soup simmer for about 20 minutes, or until lentils are very tender.

0.95 l (4 cups)	water
200 g (1 cup)	dried red lentils, rinsed and picked over
1 tsp	ground cumin
1 tsp	ground coriander
1 tsp	ground turmeric
1/4 tsp	ground cardamom
1/4 tsp	ground cinnamon
1/4 tsp	cayenne pepper
1 tsp	salt

Stir in the tomato paste until well combined.

2 tbsp	tomato paste
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Cook several minutes more, or until the soup is desired consistency, adding more water if needed.

¹ <https://www.thespruceeats.com/spicy-lentil-dahl-recipe-1001539>