

Daal

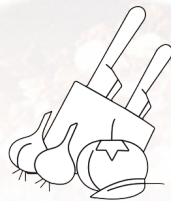
(Lentils)

Prep Time: 15 minutes

Cook Time: 30 minutes

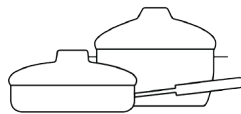
Servings: 4

Fun Fact: Daal is a dietary staple in Bangladesh and a great source of protein, often served over rice or with naan bread.



Ingredients

1 onion chopped	2 tomatoes, finely chopped
1 head of garlic (minced)	1/2 teaspoon of turmeric
2 tablespoons of vegetable oil	1/2 teaspoon of coriander
3 cups of vegetable stock	1 teaspoon of cumin
2 Birdseye chilies chopped	Salt
1 cup of lentils	



Directions

1. In a frying pan, sauté onion and garlic in vegetable oil over medium-high heat until browned (3 to 5 minutes).
2. Add vegetable stock, chilies, lentils, tomatoes, turmeric, coriander, and cumin to the pan.
3. Bring the mixture to a boil then reduce to medium heat.
4. Let it simmer for 15-20 minutes.
5. Turn up to medium-high and cook for 5 to 7 minutes until mixture thickens.
6. Add salt (optional) before serving.