

Indian Dahl

INGREDIENTS

2 1/3 cups red lentils
5 cups water
2 onions (chopped)
6 cloves garlic
2 celery stalks (finely chopped)
1 can of coconut milk/cream
2 tsp cumin
1 tsp coriander (ground seeds)
1 tsp fenugreek seeds
1 1/2 tsp herbamare (seasoned salt) (can use regular salt instead)
a couple of dashes of tumeric for color



(you will need a very large deep pan or pot, makes quite a bit but excellent to freeze and eat another time if you have left overs)

Wash lentils thoroughly and drain (set aside)

Sauté onions and garlic in olive oil, add grated ginger and celery and sauté a bit more to soften the celery, add the 5 cups water, cumin, coriander, fenugreek seeds and salt and let gently simmer for 5-10 minutes.

Add the rinsed lentils to mixture and simmer for about 30-40 minutes. Stir frequently to make sure it doesn't stick. Add water (if needed) to keep from becoming too thick/dry. At the end of the 30-40 minutes the lentils should be well cooked/broken down. Add the coconut milk and tumeric and simmer for another 5 minutes or so...the goal is for the dahl to have the consistency like a thick runny porridge. If too thick, add water or more coconut milk (open additional can)

Serve over brown rice or whole wheat toast.

Fenugreek seeds easily found at any health food store, they are especially good for the upper respiratory system, good for a cold. Tumeric is especially good for inflammation (is an anti-inflammatory)

This is a very healthy meal.