

Red Lentils (Dal)



Makes:

5 servings

Utensil:

Saladmaster Food Processor

1 Qt./9 L Sauce Pan with Cover

3 Qt./2.8 L Sauce Pan with Cover

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Recipe:

Contributed By:

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1 cup

red lentils

(256

g)

2 cups

water

(480

mL)

1 medium onion, strung, use Cone #4

fresh ginger, to taste, shredded, use Cone #1

1 clove garlic, shredded, use Cone #1

4 ounces

green chilies

(113

g)

½ teaspoon

salt

(3

g)

garam masala, to taste

turmeric powder, to taste

Directions:

1. In 3 Qt./2.8 L Sauce Pan, add lentils and water; cover and cook over medium heat. When Vapo-Valve™ clicks steadily, reduce heat to low and continue to cook for approximately 45 minutes.
2. Meanwhile, preheat 1 Qt./9 L Sauce Pan over medium heat. When several drops of water sprinkled on pan skitter and dissipate, add onions and sauté until browned.
3. Add garlic, ginger and green chilies. Sauté until mixture is golden brown.
4. Add salt, garam masala and turmeric. Add mixture to lentils and stir to combine.
5. When serving, garnish with coriander, if desired.

Calories: 158
Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 241mg
Carbohydrate: 28g
Fiber: 13g
Sugar: 3g
Protein: 11g
