

Red Lentil Dhal Recipe

Ingredients:

1 Tablespoon toasted sesame oil (olive oil works as well, but the sesame oil adds a different flavor).
1 onion, chopped
4 cloves garlic, chopped
1 tablespoon fresh ginger, peeled and grated
4 cups vegetable or chicken broth
1 cup red lentils
1 14.5 ounce can diced tomatoes
1 teaspoon cumin
1 teaspoon turmeric
1/2 teaspoon cardamom
1/4 teaspoon cinnamon
1 teaspoon salt
1 Tablespoon honey

Directions:

1. Heat oil in a large saucepan on medium heat. Add onion and saute until soft and translucent. Add garlic, ginger, cumin, turmeric, cardamom and cinnamon and allow to cook one more minute.
2. Add broth, tomatoes, lentils and bring just to a boil, then turn heat to medium-low. Cover and simmer for 30 minutes or until lentils are soft and tender.
3. Add honey and salt. Let sit for a few minutes more, then serve.

We enjoy ours Indian style served over basmati rice.