



balancebody&soulnutrition

Simple Dal

Makes 5-6 servings

1 cup red lentils, soaked for 1 hr or more (soaking is optional – shortens cooking time)
1 tbsp coconut oil
1 onion, diced
4 cloves garlic, minced
1 tsp curry powder
4 cups water
½ tsp Garam masala
1 bunch leafy greens (swiss chard or spinach work best), chopped
Cooked rice (for serving)

Step 1 - Soak lentils for an hour or more to shorten cooking time. (optional)

Step 2 - Sauté onion in coconut oil until soft and translucent. Add garlic and minced ginger and cook for a few mins more. Toss 1tsp curry powder in and cook for a minute then add drained lentils and 4 cups water.

Step 3 - Cook until lentils are soft and totally broken down adding more water as necessary to keep it a thick soup consistency.

Step 4 - Add leafy greens and garam masala right at the end and cook until soft (few mins).

Serve with rice.

