

DAL

In my opinion, dal is the macaroni and cheese of Indian food. It is the ultimate comfort food and it can be found as a staple in most households and is often found most evenings at the dinner table. If you want to introduce your children to Indian food, this is a great way to open their palettes to various warming spices and flavors without overwhelming them.

INGREDIENTS

1 cup red lentils, rinsed
½ yellow onion, finely diced
1 tablespoon ghee, butter, or coconut oil
2 cloves garlic, minced
½-inch knob ginger, minced
½ cup coconut milk
2 ½ cups water
1 ¼ cups of rice, cook according to directions
cilantro (optional garnish)

SPICE MIX

½ teaspoon cumin seeds
½ teaspoon mustard seeds
½ teaspoon ground cumin
½ teaspoon ground coriander
½ teaspoon turmeric
1 teaspoon salt
¼ teaspoon ground black pepper

MAKES 4 SERVINGS

- 1 Gather ingredients for spice mix and set aside.
- 2 Heat a large stockpot to medium. Add 1 tablespoon ghee, butter or coconut oil. Add onions and cook for about 5 minutes.
- 3 Add garlic, ginger, and spice mix. Cook for about 1 minute or until fragrant.
- 4 Add lentils, water, and coconut milk. Bring to a boil.
- 5 Reduce to low, cover and cook for 20 minutes, stirring about half way through.
- 6 Garnish with cilantro.

NOTES

- Dal and rice is a complete protein because it contains all essential amino acids. Dal is often served as a healing food for people who suffer from digestive upset.
- Add some chopped spinach to the dal in the last few minutes of cooking or serve with some chopped tomatoes on top.