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## **Spiced Dal (Lentil Stew)**

There are myriad varieties of dal, many of which include lentils. The spices used in this dish can vary quite a bit and can include curry powder, garam masala, or even tamarind or mango. Dal is served often in Indian households (sometimes more than once a day).

Lentils are packed with fiber, complex carbohydrates, magnesium, folic acid, and iron, but they're low in calories and fat. Lentils are high in protein — just add grains, nuts or seeds to your meal for a complete protein.

1 12-oz. package dried lentils, rinsed and drained  
1 tsp. minced ginger  
1/2 tsp. salt  
3-4 Tbs. olive oil  
1/2 large yellow onion, chopped fine  
1 tsp. chili powder  
Pinch of ground cloves  
Dash of pepper  
1/4 cup chopped fresh cilantro

Place lentils and ginger in large cookpot, cover with water, and bring to a boil. Reduce heat and simmer for 35 to 45 minutes until lentils are tender. Add salt.

In a separate pan, heat oil and sauté onions over medium heat until they start to brown (about 12-15 minutes). Reduce heat; add chili powder, cloves, and pepper; stir until combined.

Add onion mix to lentils in the cookpot and stir. Serve over a bed of rice and sprinkle with cilantro. You may want to add a dollop of vegan sour cream.