

Indian Spiced Lentils



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Recipe by: Laura Vitale

Serves 4 to 6

Prep Time: 5 minutes

Cook Time: 30 minutes

Ingredients

- __ 2 Cups of Split Yellow Lentils, washed and rinsed through a sieve
- __ 2 Tbsp of Vegetable Oil
- __ 1 Yellow Onion, peeled and roughly chopped
- __ 2 Cloves of Garlic, peeled
- __ 2 tsp of Grated Ginger
- __ 1 tsp of Garam Masala
- __ Salt, to taste
- __ Fresh Cilantro, chopped
- __ 3-1/2 cups of Water

1) In a small food processor, add the onion and garlic and pulse until its really finely chopped.

2) In a medium saucepan, add the oil along with the onion mixture and ginger, turn the heat on medium and saute for about 4 minutes.

3) Add about 2 Tbsp of water to the onion mixture followed by the garam masala, stir for a few seconds, then add the lentils and water.

4) Bring the mixture to a boil, allow it to simmer for about 20 minutes or until the lentils have softened, season with salt and cilantro to taste.

