

**Indian Lentil Soup (Dal)**

**Servings:             8**

**Prep Time:          15 minutes**

**Cook Time:         1 hour 15 minutes**

**Total Time:         2 hours**

**Equipment Needed:** Pot, Spoon, Knife, Colander, Can Opener, Measuring Utensils

**Ingredients:**

6 Tablespoons                    Olive Oil OR Ghee

2 Large                                 Onions, chopped

6 - 8 Cups                            Vegetable Broth OR Water

2 inches                                Ginger, peeled, minced

1                                             Jalapeno chiles, minced

1 teaspoon                            Curry Powder

2 teaspoons                          Mustard Seeds

2 teaspoons                          Garlic, minced

1 Tablespoon                       Coriander Powder

2 teaspoons                          Cumin Powder

2 teaspoons                          Paprika Powder

1 teaspoon                            Garam Masala Powder

1 teaspoon                            Turmeric Powder

2 Pinches                              Asafoetida Powder (optional)

1 Cup                                     Red Lentils, washed

1 Cup                                     Yellow Lentils, washed

1/2 Cup                                  Tomato Puree

                                               Minced Cilantro and Yogurt for garnish

**Directions:**

1. Wash Lentils.

2. In a large pot, heat oil on High Heat, then add Onions. Cook until soft and slightly browned, 10-15 minutes, then reduce heat to Medium.

3. Add Jalapeno, Ginger, and Spices.

4. Stir constantly to prevent spices from sticking and burning.

5. When Mustard Seeds start to pop, add Lentils, Vegetable Broth, and Tomato Puree. Bring to boil, then reduce heat to simmer and cook, covered, until Lentils almost fall apart, about 1 hour.

6. Stir occasionally to prevent sticking and add Vegetable Broth as needed. When Lentils are soft, add Salt to taste. Eat and Enjoy!