

WEEK 6: 40 Days to Wellness Cooking Class Recipe

YELLOW DAAL



Ingredients:

- 1 cup of yellow or red lentils
- 1" knob of fresh ginger (about 1 ½ tbsp)
- 1 ½ tbsp minced garlic
- 2 green chilis or ½ tsp red chili flakes (omit if undesired heat)
- ½ tsp turmeric
- ½ tsp cumin seeds or ground cumin
- 1 can of chopped tomatoes or 1 cup fresh
- Juice of 1 lemon
- 12 curry leaves (can be found in Indian stores) or 2 bay leaves
- 1 tsp salt (to taste) and pepper
- 3 cups of water

Serving: cilantro, parsley, additional lemon juice

Directions:

1. Add all ingredients into a sauce pan and cover. Cook on medium heat for about 25-30 minutes until lentils are tender. If using bay leaves, remove before step 2.
2. You can use an immersion blender, or mash lentils to create a smooth soup like consistency or serve as is.
3. Serve as a soup or with rice, cilantro/parsley and additional lemon juice

For an alternative to this recipe: see this
<https://gardenfreshfoodie.com/soups-stews/red-lentil-daal/>