



8 Minute Dal

Servings 4

Prep 8 min

Cook 25 min

Dal Ingredients

1 heaping Tbsp. Virgin Coconut Oil

2-3 cups Rice (uncooked)

4-5 cups Whatever Veggies You want (suggestions: zucchini, spinach, peppers, broccoli, carrots, cauliflower, asparagus)

1 small Onion (chopped)

½ cup Red Lentils (uncooked)

½ cup Water (plus more if needed)

1 (14oz) can Diced Tomatoes

1 (14oz) can Coconut Milk

1 ½ tsp. Garlic Powder

1 Tbsp. or to taste Curry Powder

¾ to 1 tsp. Sea Salt

to taste Ground Black Pepper

Fresh Cilantro (optional garnish)

Fresh Lime Juice (optional for serving)

Directions

- 1 Start to cook the rice according to the package.
- 2 While that gets going, grab a large pot, melt the coconut oil over low-medium heat.
- 3 Peel (if necessary) and dice the veggies into ½-inch pieces. Add them (including the onion) into the pot and stir until combined. Increase heat to medium.
- 4 Add in the rest of the ingredients (lentils, water, diced tomatoes [with juices], coconut milk, all the spices, salt, and pepper). Stir until combined.
- 5 Increase heat to high and bring to a low boil. Reduce heat to medium and cook, uncovered, for 18 to 30 minutes, until the veggies and lentils are tender; the cook time will depend on the types of veggies you use, and their size. Stir the dal frequently while cooking, and reduce the heat if necessary to prevent it from sticking to the pot. (If you're using potatoes, I suggest covering the pot while cooking since they don't contain as much water to "cook off". You may need to add more water to thin the mixture.)
- 6 If desired, garnish with cilantro and lime (it's still great without these additions, though!).