



SIMPLE ROOT VEGETABLE & SPINACH DAL



METHOD

STOVE



TIME

45 MIN



SERVES

4-6 PEOPLE



DIFFICULTY

3/10

INGREDIENTS

2 cup red lentils
3 cups low-sodium vegetable stock
or water
1 can full fat coconut milk
3 T olive oil
¼ chopped onion
1 tsp ground cumin
1 tsp coriander
1 tsp ginger
½ tsp mustard
½ tsp cardamom
¼ tsp black pepper
½ tsp ground cinnamon
2 tsp ground turmeric
1 tsp salt
4 cups raw spinach, chard or kale
2 cup diced butternut squash or
sweet potato

DIRECTIONS

Rinse lentils well with a mesh strainer.

Dice butternut squash and roast in olive oil and sea salt in a 400 degree oven for about 20 minutes until tender.

In a large soup pot, sauté chopped onions and garlic over medium heat for about 5 minutes.

Add lentils and spices, vegetable stock and coconut milk. Bring to a boil and then simmer. Add butternut squash and spinach and cook until until most of the liquid has absorbed and lentils have softened.

***THIS IS BEST REHEATED BY ADDING SOME ADDITIONAL LIQUID ON A STOVETOP.**