

Vegan Dal

This simple Dal is not only quick to make but also filling, and virtually fat-free. If you've been craving Indian food but want something lighter than the traditional dishes this recipe is for you.

Prep:
5 minutes

Cook:
40 minutes

Ready In:
45 minutes

Servings:
4-6



Ingredients

- 2 cups red lentils
- 6 cups water
- 1 red or yellow bell pepper, chopped
- 1 red onion, chopped
- 1 teaspoon ginger, minced
- 3 garlic cloves, minced
- juice of 1/2 lemon
- 1 tsp turmeric
- 1 tsp curry powder
- 1 tsp cumin
- 1 pinch cayenne pepper

Instructions

- 1** Stove Top Instructions - Place all your ingredients in a large pot and bring to a boil on the stove. Once boiling cover and reduce heat to low.
- 2** Simmer for 30 minutes or until the dal has thickened. Serve with brown rice and a sprinkle of cilantro on top.
- 3** Instant Pot Instructions - Place all your ingredients in the instant pot, turn the vent to sealed and cook on manual for 18 minutes. Once it is finished cooking, let it naturally release for 10-15 minutes.
- 4** Move the steam release handle to venting to release the remaining steam. Serve with brown rice and a sprinkle of cilantro on top.