

# Red Lentil Dahl Soup

Indian cuisine

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TIME  
ESTIMATE  
50 minutes

SERVINGS:  
4



DAIRY FREE



\*  
GLUTEN  
FREE



VEGAN

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## Ingredients

1 1/2 cups red lentils (\* Many factories that process lentils may process gluten based products, check packaging)  
1 tablespoon coconut oil  
1 teaspoon cumin seeds  
1/2 teaspoon black mustard seeds  
1 hot green chili - finely chopped, discard seeds.

1/2 cup onion - finely diced  
1 teaspoon ginger root - fresh, finely diced  
1 teaspoon ground coriander  
1/2 teaspoon turmeric  
1/4 teaspoon cayenne pepper - optional and you can use more if you like.

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## Instructions

- 1.) Wash the red lentils and drain.
- 2.) Add the lentils to a medium sized saucepan and cover with the vegetable broth.
- 3.) Bring to a boil and then turn down the heat, cover and cook 20 to 23 minutes (or follow your package directions).
- 4.) While the lentils are cooking: In a skillet heat the oil to medium high.
- 5.) Add the cumin seeds and mustard seeds. Within a few seconds they will begin to pop.
- 6.) Add the chili and onions.
- 7.) Saute over medium heat for about 10 minutes until the onions are translucent. then add the fresh ginger, ground coriander, turmeric and cayenne pepper.
- 8.) Cook just to heat through - maybe 30 seconds to a minute.
- 9.) Add the tomato, along with it's juices and cook about 5 minutes. Take off the heat. The lentils should be done. Check them to make sure. You can cook them longer if needed.
- 10.) Turn the skillet contents into the pot of lentils and vegetable broth.
- 11.) Add the salt and coconut milk and heat through.
- 12.) Serve garnished with cilantro and paprika.

*Enjoy!*