

Haylie J. Pomroy, BS, WC
Registered Wellness Consultant
Nutritional Counseling

Delicious Pakistani Dhal

Ingredients:

1 cup dry red lentils
3 cups water
1 diced onion
2-3 diced or crushed garlic cloves
½ peeled and chopped ginger root
½ can of chopped tomatoes
2 tsp curry powder
¼ tsp red chili powder
1 tsp ground cumin
1 tsp ground coriander
4-5 Tbl cooking oil
sea salt and pepper to taste

Directions:

Heat water in pot until boiling. Add lentils and boil for one minute. Reduce heat to a simmer. Simmer lentils until they resemble a thick paste. While lentils are simmering, heat oil in frying pan. Add onion, garlic and ginger. Fry until soft. Add curry, chili, cumin, coriander, salt and pepper, sauté for 2-3 minutes. Add tomatoes and sauté for another 3-5 minutes. Add fried spice mixture into lentil paste, stir and cook an additional 15-20 minutes.

*Vegetable stock can be added to boiling water for additional taste.

9025 Wilshire Blvd #403
Beverly Hills, CA 90211

*

Ph: 310-209-8262

*

Ph: 310-288-2128 *

***www.hayliepomroy.com**

haylie_pomroy@yahoo.com