

Slow-Cooked Dal

Ingredients:

2 tsp cumin
 2 tsp mustard seeds
 1 tsp fennel seeds
 2 cups red lentils
 5 cups water or vegetable broth
 1 14.5oz can fire-roasted diced tomatoes
 1 medium white onion, diced
 1 tsp ground turmeric
 1 tsp fresh ginger
 1 bay leaf
 Salt and pepper to taste
 Rice for serving (optional)



*VEGAN



*GLUTEN-FREE

Nutrition Facts

9 servings per container	
Serving size	1 cup
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 880mg	38%
Total Carbohydrate 30g	11%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 3mg	15%
Potassium 421mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Combine cumin, mustard, and fennel seeds into a small pan and sauté on low heat until fragrant.
2. Combine toasted spices with the rest of the ingredients in a slow cooker. Stir to combine.
3. Cook for 4 to 6 hours on low or 2 to 3 hours on high. Salt to taste.
4. Optional: Use immersion blender to combine ingredients into a smooth consistency.

Cost per serving: \$0.80

Recipe by Emily Rogers