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## Indian Red Lentil Dal

By Maggie Collins, MPH, RDN, CDCES, DipACLM

Prep Time	Cook Time	Total Time	Servings
15 minutes	25 minutes	40 minutes	9 cups

### Ingredients

- 2 teaspoons cumin seeds
- 2 teaspoons mustard seeds
- 1 teaspoon fennel seeds
- 1 medium onion, diced
- 4 garlic cloves, minced
- 1-quart vegetable broth
- 1 lb. red lentils, rinsed
- 3 cups water
- 1 14.5oz can diced tomatoes, drained
- 3 bay leaves
- 1 teaspoon salt

### Instructions

1. Combine cumin, mustard, and fennel seeds into a large sauce pan and toast on medium heat until fragrant (~ 1 minute). Add the chopped onion, minced garlic and 1/2 cup of the vegetable broth and cook until the broth evaporates. Add the drained diced tomatoes and cook until soft.
2. Add the rest of the ingredients, bring to a boil, reduce the heat to a simmer and cook until the lentils are soft to your taste (~ 25 minutes).
3. If using a slow cooker do step 1 separately in a small pan, transfer to the slow cooker along with the other ingredients and cook for 4 to 6 hours on low or 2 to 3 hours on high.
4. After the lentils are cooked, add salt to taste.

Adapted from recipe by Emily Rogers, RDN

### Nutrition Facts

9	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5	<b>2</b>
Saturated Fat 0	<b>0</b>
<b>Cholesterol</b> 0	<b>0</b>
<b>Sodium</b> 500	<b>22</b>
<b>Total Carbohydrate</b>	<b>12</b>
34	
Dietary Fiber 8	<b>29</b>
Total Sugars 3	
Incl. 0 Added Sugars	<b>0</b>
<b>Protein</b> 15	
Vitamin D 0	<b>0</b>
Calcium 44	<b>4</b>
Iron 4	<b>20</b>
Potassium 33	<b>0</b>

\*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.

## **Bonus Tips**

Store leftovers in the refrigerator in an airtight container for up to 4 days or freeze for up to 4 months.