

Yellow Dal

Source: The Spruce

Modified By: Heather Hayden & Michael D'Attilo

Ingredients

- 1 tablespoon sesame oil or, alternatively, olive oil
- 1 cup finely chopped white onion
- 2 cloves garlic, finely chopped
- 1 tablespoon finely chopped fresh ginger
- 2 cups water or vegetable broth
- 1 cup dried red lentils, rinsed and picked over
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon cayenne pepper
- 1 teaspoon salt, or to taste
- 2 tablespoon tomato paste (optional)

Instructions

1. In a 3-quart stockpot or other medium-sized soup pot, heat the sesame oil over medium heat. Once the oil is hot, add the onion, garlic and ginger. Cook, stirring often, until the onions are translucent, about 6 minutes.
2. Stirring constantly, add the water or broth, lentils, spices and salt. Bring to a low boil, then turn down the heat to low, cover and let the soup simmer for about 20 minutes, or until lentils are very tender.
3. Stir in the tomato paste until well combined. Cook several minutes more, or until the soup is desired temperature and consistency, adding more water to the dal if needed. Serve hot with Dairy-free Cheesy Flatbread and garnish with a dollop of dairy-free soy yogurt if desired.

Cost Breakdown

Red Lentil Dal -- ~\$3.29 (1 meal for 2 people if served with rice)

- 1 white onion (~\$2.00) -- ~\$2.00
- 2 cloves garlic (5 bulbs for \$2.49) -- ~\$.10
- 1 tablespoon (about .26 oz) fresh ginger (\$2.99/lb) -- ~\$.05
- 2 cups No Chicken vegan broth (28 cups for \$5.49) -- ~\$.39

1 cup (~1/2 lb) dried red lentils (1lb for \$1.50) -- \$.75
1 teaspoon ground cumin – negligible
1 teaspoon ground coriander – negligible
1 teaspoon ground turmeric – negligible
1/4 teaspoon ground cardamom – negligible
1/4 teaspoon ground cinnamon – negligible
1/4 teaspoon cayenne pepper – negligible
1 teaspoon salt, or to taste – negligible
1 tablespoon olive oil – negligible

Triple recipe (for when feeding lots of people or hungry guys) (~\$9.87)

3 tablespoons sesame oil or, alternatively, olive oil
3 cups finely chopped white onion
6 cloves garlic, finely chopped
3 tablespoons finely chopped fresh ginger
4 cups water or vegetable broth (add more if needed)
3 cups dried red lentils, rinsed and picked over
3 teaspoons ground cumin
3 teaspoons ground coriander
3 teaspoons ground turmeric
3/4 teaspoons ground cardamom
3/4 teaspoons ground cinnamon
3/4 teaspoons cayenne pepper
3 teaspoons salt, or to taste
6 tablespoon tomato paste (optional)

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