

RECIPE | TOMATOES

# TOMATO LENTIL DAL



[PURE-FLAVOR.COM](https://www.pure-flavor.com)

# TOMATO LENTIL DAL

Recipe created by *Megan McCarthy*



## INGREDIENTS

- 1 lb Pure Flavor® Tomatoes On-The-Vine, diced
- 1½ cups water or vegetable broth
- 1 cup dry lentils, green or brown, rinsed & drained
- 1 can coconut milk
- 1 large onion, chopped
- 2 carrots, diced
- 3-5 cloves garlic, minced
- 2 tbsp avocado oil
- 2 tbsp ginger, grated
- 1 tsp ground turmeric
- 1 tsp ground cumin

- 1 tsp ground coriander
- 1 tsp red pepper chili flakes
- 1 tsp sea salt
- pepper, to taste

## DIRECTIONS

- 1 In a large pan or Dutch oven, heat oil on medium high for 1 minute. Add chopped onion and sauté until translucent, about 3 minutes. Then add garlic, ginger and diced carrots for an additional 2 minutes, stirring often. Add in spices and stir to combine. Add a few tablespoons of water to prevent drying. Add tomatoes, lentils and broth to pan and stir to combine. Bring to a boil, then reduce heat, cover and let simmer for 30 minutes. Stir in coconut milk and season with salt and pepper if desired.



**40 min**

**5 min** | **35 min**  
PREP. | COOKING



**4**



**easy**