



RECIPE | TOMATOES

TOMATO LENTIL DAL



5 min
PREP.



4



easy

40 min

35 min
COOKING

INGREDIENTS

1 lb Pure Flavor® Tomatoes On-The-Vine, diced
1 ½ 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



Recipe created by *Megan McCarthy*

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.

