

Crockpot Lentil Dahl

Makes approx. 8 servings

Ingredients

4 tsp canola oil
1 medium sized onion
2 tsp mustard seeds
2 cloves garlic
2 tsp grated ginger root (or minced but fresh is always better)
1 can tomato paste
2 tsp curry powder
2 tsp garham masala
2 tsp cumin
2 tsp corriander
2 cups lentils
4 cups water
2 cups diced carrots
2 cups celery
1 28 oz can diced tomatoes (low-sodium)



Directions

Begin by heating oil in large frying pan on medium heat. Add the mustard seeds and be sure to cover and cook for about 1 1/2 minutes or until all the mustard seeds have popped.

Add the onion, garlic, ginger and cook until onion is transparent.

Add in tomato paste, curry powder, garham masala, cumin and corriander. Mix together and cook for approx 2-3 minutes stirring constantly.

Place spice mixture at bottom of crockpot and add remaining ingredients starting with the lentils. Add lentils, carrots, celery, diced tomatoes and water.

Cover and cook on high for approx 6 hours or until lentils are cooked. Stir well.

Recipe adapted from recipe in Cooking Vegetarian by Melina Vesanto and Joseph Forest.

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