**Red Dal**

“Dal” or “daal” is a Hindi word meaning legumes (peas, beans and lentils), and also refers to the Indian dish itself.

Serves: 8-12

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Ingredients

* 2 cups red lentils (lightest/fastest cooking)
* 4 cups water
* 1 inch fresh ginger root
* 2 tomatoes
* 2 cloves garlic
* 1 ½ teaspoons salt
* ½  teaspoon turmeric powder
* 1 teaspoons cumin powder
* 1 ½  tablespoons ghee (clarified butter)
* Fresh cilantro for topping

Directions

1. Wash and soak lentils in warm water overnight.
2. Add lentils, water and salt together in a large pot. Bring to a boil on high heat, then lower to medium heat.
3. Add cumin and turmeric to the lentils.
4. Peel and mince (chop into small pieces) garlic, then add to the lentils.
5. Cut knobs off of ginger and put aside to save. Peel the remaining ginger. Grate and add to the lentils.
6. Dice the tomatoes, then add to the lentils.
7. Cook until lentils and tomatoes are soft.
8. Chop the cilantro for topping; serve dal over rice.