

Brown Lentil Dal (Masoor Dal)

1 cup brown lentils
2 cups diced tomatoes
1/4 tsp turmeric
1 T ginger, diced
4 cups water
Salt to taste
1/2 tsp cilantro powder
1/2 tsp cumin powder
1/4 tsp garam masala (optional)
juice of 1/2 lime
1/2 bunch cilantro, chopped

Instant pot method:

To an instant pot, add brown lentils, diced tomatoes, turmeric, ginger, water, and salt. Cook on high pressure for 5 minutes. Allow pressure to release naturally. Add remaining spices, lime juice, and cilantro. Salt to taste. Serve with rice, millets, or quinoa.

Saucepan method:

To a 4Q saucepan, add brown lentils, diced tomatoes, turmeric, ginger, water, and salt. Cover and cook on medium high heat for 25 minutes. When all the water is absorbed, reduce heat to low and cook for 10 minutes. Add remaining spices, lime juice, and cilantro. Salt to taste. Serve with rice, millets, or quinoa.

Recipe by Chef Shoba Swamy



ATLANTA BOTANICAL GARDEN