

Quick Red Lentil Dal

Cooking Instructions

1. Cook brown rice by adding to two cups of water and simmering while covered on a low heat for 35-45 minutes.
2. Heat oil in a sauce pot, then add various seeds. Move constantly to avoid burning as seeds pop and sizzle. Do this for 30-90 seconds just until seeds are fragrant.
3. Add lentils, other spices and water. Then let simmer for 15 to 20 minutes, until lentils are tender.
4. Once lentils are cooked turn off heat and fold in spinach. Allow it to wilt over 2-3 minutes.
5. Serve over rice and enjoy!

Recipe

- 1 cup brown rice
- 1 Tbsp olive oil or coconut oil
- ½ cup red lentils, washed and drained
- ½ tsp mustard seeds
- 1/3 tsp cumin seeds
- 1/8 tsp fennel seeds (optional)
- 1/8 tsp fenugreek seeds (optional)
- ½ tsp ground turmeric
- 1/3 tsp cayenne
- 2/3 tsp salt or more
- 2 ½ cups water
- 1 cup tightly packed baby spinach

Grocery List (add optional toppings to list as desired)

Produce

- 1 bag baby spinach

Canned Goods/Grocery

- 1 cup brown rice
- ½ dry red lentils
- oil

Spices

- salt
- mustard seeds
- cumin seeds
- fennel seeds (optional)
- fenugreek seeds (optional)
- turmeric
- cayenne