

## Quick and Delicious DHAL

### Ingredients:

1/2 lb. lentils (red, yellow, green or brown), washed  
2 cups water, add more as needed  
1 large onion, chopped  
1 clove garlic, minced  
4 T. butter or ghee  
1 T. ground coriander  
1 tsp. ground turmeric  
1 tsp. ground cumin  
1/2 tsp. American chili powder (like used in Chili con Carne)  
2 T. curry powder  
apple cider vinegar (don't skip this ingredient - makes ALL the difference!)  
salt, to taste

Cook lentils in water until soft (about 1/2hr). Fry onion and garlic in butter or ghee until soft & golden. Mix all the spices together in a small bowl, add vinegar to make a thick paste (add a bit at a time....will take more than you expect). Add spice-vinegar paste to onions & garlic and fry all together, until aromas are fully developed (don't burn). Add the cooked drained lentils, salt to taste and simmer gently for a few minutes, until warmed through. Serve hot over rice or with pita bread.

**American adaptation:** Or serve cold as a sandwich spread or with raw veggies. Serves 4-6