

## Masoor Dal (spiced red lentils) With Spinach

I used several recipes for dal when coming up with this one. I happen to buy red lentils more often having learned in India that they are preferred as they retain their color and shape when cooked. I am sure you could use yellow or brown if that is what you have. Like many of my recipes, it is a forgiving one and you can adapt to what you have and what you like.



- 5 cups vegetable broth (I use a combination of broth and water and add additional during cooking)
- 3 cups red lentils
- 2 T oil
- 1 Cup chopped carrots.
- 1 Cup chopped onions.
- 1 can diced tomatoes
- 2-3 garlic cloves chopped.
- 1-2 jalapeno or serrano peppers depending on taste (if using jalapeno, I would use one the first time) finely chopped.
- 2 tsp minced ginger
- 1 t salt
- 1 t ground cumin
- 1 t ground coriander
- ½ t ground turmeric
- 1 14 oz can coconut milk
- 1 5 oz package of baby spinach
- Black pepper

If you are in a hurry you could put everything in a slow cooker up through turmeric and cook stirring occasionally about 8 hours on low or 4 hours on high. If you have time, I prefer the stove top for the earlier steps. In the oil sauté the onion until soft then add the carrots, garlic, peppers and carrot and spices, cook another 2 minutes. Add the tomatoes with liquid, lentils, and broth/water. Simmer 30-40 minutes until the lentils are soft (alternatively, transfer to a slow cooker). Once the lentils are softened you can mash (fully or partially with a masher) or leave more intact (that is what I do). Stir in coconut milk and spinach, season to taste with additional salt and pepper.

Serve over rice (I use brown basmati) and orange wedges.