

Dal – Vegan – SOS

Prep Time: 30 minutes
Cook Time: 60 minutes
Total Time: 1 hour, 30 minutes

Serving Size: 9
Calories per serving: 236
Fat per serving: 1 gram

'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p-132.

Ingredients

- 6 cups water
- 3 cups dried split peas or red lentils
- 2 carrots, diced
- 2 ribs celery, diced
- Juice of 1 lemon
- 2 teaspoons cumin
- 1 tablespoon garlic granules
- 1 teaspoon onion powder
- 1/2 teaspoon dry mustard
- 1/2 teaspoon turmeric
- 1/4 teaspoon cloves
- 1 teaspoon minced fresh cilantro, or 1/2 teaspoon dry
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Instructions

1. In a 4-quart saucepan, bring the water to a boil. Add the split peas or lentils, and simmer for 35 minutes, stirring occasionally.
2. In a 10-inch skillet, steam fry the carrots, celery, lemon juice, and seasoning, except for the fresh cilantro, until tender, adding water as needed to keep the vegetables from sticking to the pan. Stir the steamed vegetables into the split peas or lentils, and cook an additional 15 minutes. Sprinkle with fresh cilantro.
3. If using dry cilantro, add to the vegetables with the other seasonings.

Notes

Calories: 236, from fat: 9, total fat: 1g, cholesterol: 0mg, sodium: 24mg, total carbohydrate: 41g, fiber: 2.9g, sugar: 1g, protein: 16.6g.