

## 8 Minute Pantry Dal

Vegan, gluten-free, grain-free, nut-free, refined sugar-free, soy-free

### Ingredients:

1 heaping tablespoon virgin coconut oil  
4 cups peeled (if necessary) and diced veggies  
½ c. uncooked red lentils  
½ c. water, plus more if needed  
1 (14 oz) can diced tomatoes  
1 (14 oz) can light coconut milk  
1 ½ tsp. garlic powder  
1 ½ tsp. minced onion  
1 tablespoon good curry powder (or to taste)  
¼ to 1 tsp fine sea salt, to taste  
Freshly ground black pepper, to taste

### Serving suggestions:

Cooked basmati rice or grain of choice,  
Fresh chopped cilantro leaves  
Fresh lime juice

### Directions:

1. In a large pot, melt the coconut oil over low-medium heat.
2. Peel (if necessary) and dice the veggies into ½-inch pieces. Add them into the pot and stir until combined. Increase heat to medium.
3. Add in the rest of the ingredients (lentils, water, diced tomatoes [with juices], coconut milk, all the spices, salt and pepper). Stir until combined.
4. Increase heat to high and bring to a low boil. Reduce heat to medium and cook, uncovered, for 18 to 30 minutes, until the veggies and lentils are tender; the cook time will depend on the types of veggies you use, and their size. Stir the dal frequently while cooking, and reduce the heat if necessary to prevent it from sticking to the pot. (If you are using potatoes, I suggest covering the pot while cooking since they don't contain as much water to "cook off". You may need to add more water to thin the mixture.)
5. If desired, serve over rice, and garnish with cilantro and lime (it's still great without these additions, though!)