Daal

Yield: 4 servings

Prep Time: 0:10:00

Cook Time: 0:40:00

Total Time: 0:50:00

1. Process the onion, garlic, tomato, and green chili in a food processor or blender until almost smooth.

   ☐ 1 each Onion
   ☐ 6 each Garlic
   ☐ 1 each Tomato
   ☐ 1 each Green Chilies

2. In a pot, heat ghee over medium heat. Add the curry leaves and sauté for about 30 seconds until fragrant.

   ☐ 1 tbsp Ghee
   ☐ 6-8 each Curry Leaves

3. Add the processed mixture to the pot and cook for 5-7 minutes, stirring occasionally, until the mixture is fragrant and slightly thickened.

4. Add the lentils, daal masala, chicken stock, and water to the pot. Stir to combine and bring to a boil.

   ☐ 1 cup Red Lentils
   ☐ 2 tbsp Daal Masala
   ☐ 2 cup Chicken Stock
   ☐ 2 cup Water

5. Reduce the heat to low and simmer for about 30 minutes, stirring occasionally, until the lentils are tender and the mixture has thickened.