

# AYURVEDIC RED LENTIL DAL

Vata ↓, Pitta ↓, Kapha ↓

**Serves 4 to 6 / Prep Time: 5 minutes / Cook Time: 35 minutes**

## INGREDIENTS

- 2 tablespoon sesame oil (use coconut oil for Pitta)
- 1/4 teaspoon each of whole fennel, coriander, brown mustard, and cumin seed\*
- 1/8 teaspoon freshly ground black pepper
- 1 tablespoon shredded coconut
- 2 cups split red lentils, soaked overnight
- 7 cups water, meat broth, or bone broth
- 1 large carrot, thinly sliced
- 2 celery sticks, thinly sliced
- 4 kale leaves, stemmed and chopped
- 1/3 cup chopped beets (omit for Pitta imbalances)
- 1/2 cup chopped cauliflower
- 1/2 teaspoon turmeric
- Fresh ginger (1 to 2 inch cube), peeled and finely minced
- 1 lemon, juiced (use lime for Pitta)
- Chopped cilantro, for garnish
- Chopped green onions, for garnish
- Ghee for individual servings
- 3/4 teaspoon sea salt or pink Himalayan salt

\*These spices can be replaced by 2 teaspoons of Agni Churna spice mix.

## DIRECTIONS

1. In a large sauce pan or soup pot, add the sesame oil along with the fennel, coriander, cumin, brown mustard seeds, and black pepper. Stir over medium heat for 3 minutes, stirring frequently. Add in the coconut and turmeric and continue to sauté for 1 minute stirring constantly.
2. Add the water (or broth) in the same pan and bring to a boil. Once boiling, add the soaked red lentils (discard the water used for soaking) and stir. Reduce the heat to low-medium and cover the pan, leaving a slight opening to prevent the risk of overflow. Cook here for 10 minutes, stirring half way.
3. As the beans are cooking, begin to slice up the carrots, beet, cauliflower, celery, and kale.
4. After the 10 minutes if complete, add the chopped veggies to the pot, stir, and place back the lid keeping it slightly cracked. Cook here for 15 minutes or until the beans and veggies are very soft (almost mushy) and well-cooked. Stir every 4 to 5 minutes.

5. Remove the pan from the heat. Add the fresh lemon juice and salt.
6. This soup is great on its own or can be served over a warm bed of basmati rice, brown rice, or quinoa as desired. Garnish each serving with a handful of chopped cilantro and green onions. One teaspoon of ghee can be added per bowl. This tridoshic meal is most balancing in the fall and winter seasons, although you can enjoy it anytime of year!