

LENTIL SOUP - DHAL

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2 ½ C	Red Lentils
1 ½ l	Water
1	Large Onion (finely chopped)
1-2	Chillies
1 tsp	Cumin Seeds
1 tsp	Coriander seeds
½ Tsp	Garam Masala
½ tsp	Turmeric
½ C	Vege stock
3 Tbsp	Olive oil



OR for spice mix use the Pantry Shop Dhal mix.

Combine lentils with the water and leave over night – Drain. Place the oil in a large pot and add the onions, chillies, cumin, coriander and garam masala. Stir until onions are soft. Stir in lentils and combine water, stock and turmeric. Bring to the boil, reduce heat and simmer uncovered for about 50min (until soup is thick. Add salt and pepper to taste).