



Mahavira's Dal

Ingredients:

2 tsp olive oil
2 onions, diced
4 cloves garlic, crushed
1 TBL ginger, grated
1 heaped TBL Mahavira's Feast
1 TBL turmeric
2 TBL tomato paste
2 cups red lentils, washed well and drained
½ cup Basmati rice, triple rinsed and drained
8 cups vegetable stock
1 cup cauliflower, cut in small pieces
1 sweet red pepper, diced
1 cup fresh or frozen green peas
1 can coconut milk
Salt to taste

Spices Used: Mahavira's Feast

Instructions:

- 1 - In a very large pot sauté onions in oil until translucent (about 10 minutes).
- 2 - Add garlic and ginger. Sauté for 2 minutes.
- 3 - Add spices and stir well. Cook for 2 minutes until fragrant.
- 4 - Add tomato paste. Cook for 2 minutes.
- 5 - Add lentils and rice and stir to combine with onion and spice mixture.
- 6 - Add 7 cups of the vegetable stock. Bring to a boil and then reduce to low, cover and simmer.
- 7 - After 10 minutes add the cauliflower and stir in. Cover and simmer for another 10 minutes.
- 8 - Stir in the rest of the vegetables and more stock as needed to keep the consistency of a thick soup. Once all the vegetables are in, add salt to taste.
- 9 - Cook for 10 minutes until the vegetables are nearly done.
- 10 - Stir in the coconut milk, simmer for about 10 more minutes to combine the flavours. adjust seasoning.



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