



Makes 4-5 cups
Cook Time: 35 minutes

INGREDIENTS:

¼ medium red onion, cut into ¼-inch dice (about ½ cup)

3 cloves garlic, minced (1 ½ teaspoons)

1 teaspoon grated fresh ginger

1 tomato, cut into ¼-inch dice (about 1 cup)

2 teaspoons ground coriander

½ teaspoon ground turmeric

¼ teaspoon ground cloves

¼ teaspoon ground cinnamon

1 teaspoon ground cumin

1 cup unsweetened, unflavored plant milk

1 (15-ounce) can brown lentils, drained and rinsed (or 1 ½ cups cooked)

1 (15-ounce) can red kidney beans, drained and rinsed (or 1 ½ cups cooked)

1 tablespoon fresh lime juice

sea salt

1 tablespoon fresh cilantro, finely chopped

Brown rice or whole-grain bread or tortilla (for serving)

Vegan Kidney Bean Dal

This kidney bean and lentil dal is a staple in every home in north India and is also found on the menu in every Indian restaurant serving north Indian food. It gets its strong aromatic flavor from ginger, garlic, coriander, turmeric, and other warming spices. Serve with any cooked grain or whole-grain bread or tortillas.

By Darshana Thacker Wendel

- 1 Combine the onions, garlic, ginger, and ¼ cup water in a nonstick saucepan and cook over medium-low heat, stirring occasionally, until the onions start to turn golden brown, about 10 minutes.
- 2 Add the tomatoes, coriander, turmeric, cloves, cinnamon, and cumin; mix well. Add ½ cup water and cook until the tomatoes are cooked through, 5 to 7 minutes.
- 3 Add the plant milk, lentils, and beans and continue to cook until the dal thickens, 5 to 10 minutes.
- 4 Add the lime juice; mix well, then season with salt to taste. Cook until the flavors merge, 2 minutes.
- 5 Garnish with cilantro.
- 6 Serve hot with brown rice or bread.