



Indian Lentils *(Source: Cooking with Kids)*

INGREDIENTS:

1 cup lentils, sorted and rinsed
4 cups water
2 Tbsp butter
2 garlic cloves, minced
½ tsp cumin seed or ground cumin

2 tsp ground red chile
½ tsp ground coriander
4 medium tomatoes, chopped
½ tsp salt, or to taste
1 Tbsp chopped fresh cilantro

DIRECTIONS:

1. Bring the water and lentils to a boil over high heat. Skim off the foam that appears. Reduce the heat to low, partially cover, and simmer about 45 minutes, stirring occasionally, until tender. Add water as needed to keep the lentils covered as they cook.
2. In another saucepan, melt the butter over medium-high heat. Add the garlic and cumin and sauté until fragrant, but not brown.
3. Add the tomatoes and cook until softened. Stir in the cumin, oregano, salt, and pepper and cook for 1 to 2 minutes. Add the chile and coriander and stir for 20 seconds more.
4. Stir in the tomatoes, salt, and lentils, along with the juice. Bring to a boil, reduce the heat to low and simmer 5 to 10 minutes, uncovered.
5. Remove from the heat and cover. Just before serving, stir in the cilantro. Traditionally, lentils are spooned over rice and served in bowls.

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