

Vegan Dhal Makhani – 4 servings

Ingredients

- ! 2 tablespoons of extra-virgin olive oil
- ! 1 small onion chopped
- ! 2 cloves garlic, pressed or minced
- ! 1 tablespoon minced fresh ginger
- ! 1 jalapeño pepper, seeds and membranes removed, minced (OMIT IF DONT WANT VERY SPICY)
- ! 3 tsp of Makhani masala*
- ! 1tsp cumin powder
- ! ½ teaspoon salt
- ! Freshly ground black pepper
- ! 1 can organic diced tomatoes ,with the juice
- ! 1 cup uncooked black lentils (urad whole)
- ! 1 cup cooked kidney beans
- ! 1/3 cup wandu beans (pigeon peas)
- ! 1/3 cup bonchi kunuku
- ! 4 1/2 cups water
- ! 1 bay leaf
- ! 1 tablespoon lime juice, plus additional lime wedges for serving
- ! 1/2 cup of coconut cream
- ! Chopped fresh cilantro, for garnish
- ! Suggested accompaniments: cooked brown basmati rice or toasted naan

*Masala: coriander, red chili, black pepper, salt, clove, nutmeg, asafoetida, star anise, mace

How to prepare:

In a large pot over medium-high heat, warm the oil until shimmering. Add the onion, garlic, ginger and jalapeño, and cook until softened, stirring occasionally, about 4 to 6 minutes. Stir in the masala, cumin, and salt. Season with black pepper. Cook, while stirring, for 1 minute.

Add the tomatoes and cook for 1 more minute, while stirring. Add the lentils, water and bay leaf. Raise the heat to medium-high and bring the mixture to a simmer. Reduce the heat to medium-low and simmer until the lentils are nice and tender, stirring occasionally, in 20min add the kidney beans – total cooking about 35 minutes.

Remove the bay leaf. Transfer 2 cups of the mixture (make sure to get some liquid with the lentils) to a blender. Securely fasten the lid. Blend until smooth, about 1 minute, being careful to avoid the hot steam rising from the blender lid.

Transfer the blended mixture back to the pot and stir to combine. Add the lime juice and season to taste with salt (add 1/2 tsp salt) and pepper. Add coconut cream.

Serve in bowls, with chopped cilantro.