



Split Pea Dal

Ingredients

- 2 tbsp oil
- 1 onion, chopped
- 3 garlic cloves, grated
- 2 tbsp ginger, peeled and finely grated
- 1 tsp ground turmeric
- 2 tsp ground coriander
- 1 tsp ground cumin
- 1/2 tsp cayenne
- 1 1/2 cups Fieldstone Organics Split Peas (Yellow or Green)
- 4 cups water
- 19 oz canned tomatoes
- 1/2 tsp salt
- TOPPING:
- 1/4 cup fresh cilantro (more for serving)
- 1/2 cup sour cream or vegan choice
- Salt & Pepper to taste
- Cooked Basmati Rice, Emmer or Cauliflower
- QUICK PICKLED ONIONS:
- 1 small red onion, thinly sliced into rings
- 1 lime, juice and zest
- Pinch of sugar

Instructions

1. Heat oil. Add onions and a pinch of salt and sauté until softened, 5-7 minutes.
2. Stir in garlic, ginger, coriander, turmeric, cumin, and cayenne and cook for another minute until fragrant.
3. Add split peas, water, tomatoes, salt and stir to combine, scraping up any browned bits from the bottom of the pot.
4. Cover and bring to a boil on medium/low heat. Once boiling, lower temperature and simmer for 30 – 35 minutes. Check occasionally to be sure there's sufficient liquid. Add extra water if necessary.
5. Meanwhile, make your toppings.
6. In a small bowl, combine lime zest and juice, red onion, sugar, and a large pinch of salt. Massage the onion for 1 minute to help it soften.
7. Mix yogurt and ¼ cup cilantro in a small bowl; season with salt and pepper, to taste.
8. Serve dal over rice drizzled with yogurt and topped with pickled onion and additional cilantro.