

# Dal (Lentil Soup)



**Yield: 5 servings**

## Ingredients

- 2 cups yellow split pigeon lentils or red lentils
- 1 cup diced sweet potato
- 1 teaspoon kosher salt
- ½ teaspoon ground turmeric
- 1 tablespoon extra virgin olive oil
- 2 teaspoons ground coriander
- 1 teaspoon cumin seeds
- ¼ teaspoon Kashmiri lal Mirch or ground cayenne, optional
- 2 cups diced onion
- 1 tablespoon minced garlic
- 1 tablespoon grated fresh ginger
- 2 tablespoons tomato paste, low or no salt added
- 2 cups chopped spinach
- ¼ cup lemon juice

## Instructions

1. In a large pot add lentils, sweet potato, salt, turmeric and 10 cups of water. Bring to a boil, cover and reduce to a simmer, cook until lentils are tender, about 30 to 40 minutes.
2. In a large nonstick skillet add oil and heat over medium heat.
3. Add coriander, cumin seeds, and Kashmiri lal Mirch, cook until toasted about 1 to 2 minutes, stirring frequently.
4. To the spices add onion, garlic, and ginger, cook until softened about 5 minutes.
5. Add tomato paste to the onion mixture and cook for 1 minute, stirring frequently.
6. Add onion mixture to the cooked lentils and stir in remaining ingredients.
7. Optionally serve over cooked brown rice.

## Nutrition Information

**Serving Size:** 2 cups  
Calories: 364  
Total Fat: 3.8 g  
Saturated Fat: 0.5 g  
Monounsaturated Fat: 2.2 g  
Polyunsaturated Fat: 0.7 g  
Sodium: 423 mg  
Total Carbohydrate: 64 g  
Dietary Fiber: 11 g  
Sugars: 7.3 g  
Protein: 21 g

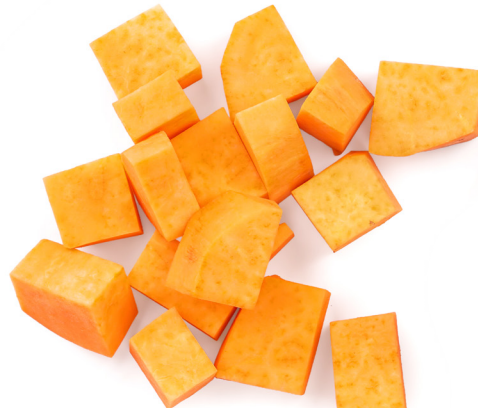
Source: Dr. Abha Varma

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