

TRUPTI INDIAN STEWED LENTILS

INGREDIENTS

For the Lentils

4 tablespoons Trupti Garam Masala
8 Tablespoons of Trupti Dry Onion Mix
2 tablespoons olive oil
1 cup diced onion
4 cloves garlic, minced
2 tablespoons minced fresh ginger
Kosher salt
5 cups water
2 cups red lentils
Kosher salt

For the Garnish

1 cup cucumber, peeled, seeded, and diced
1 green chili, such as serrano, thinly sliced
Juice of ½ lemon

METHOD

Heat a saucepan over medium heat. Heat oil and add garlic and ginger. Cook, stirring, until both are tender, about 6 minutes. Add garam masala. Cook 1 minute. Add water and lentils.

Bring to a boil; reduce to a simmer and partially cover. Cook until lentils are tender and mixture thickens, about 15 minutes. Season with salt and sprinkle Trupti onions to taste and till soaked into gravy.

Meanwhile, prepare garnish: Combine cucumber, chili and juice of ½ lemon. Season with salt.

Option for serving: eat lentils as a stew or ladle lentils over rice; top with cucumber mixture.