



Slow Cooker Lentil Curry

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🏷️ Tags	Vegan Vegetarian

What you'll need:

1 - 2 onions

Garlic and ginger

300g lentils (any kind, I use red. Be sure to rinse them first)

800ml vegetable stock, or a stock cube dissolved in water

1/2 tin of chopped tomatoes

1 tsp cumin seeds

1 tsp ground coriander

1 tsp paprika or chilli powder

1 tsp turmeric

Pinch of asafoetida (if you have it)

Directions:

1. Brown off the onion (2-3 minutes)

2. Add the garlic and ginger (1-2 minutes)
3. Add the spices (10 seconds)
4. Add the lentils and vegetable stock
5. Mix, then cook covered for 10-15 minutes, until most of the water has been absorbed by the lentils
6. Add the tinned tomatoes and cook for another 5-10 minutes
7. Season with salt and pepper to your liking
8. If you like a thicker dahl, cook it off for longer, if you want something a bit more like a soup, add a bit more water
- 9.