

## Easy Dal

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### Ingredients:

- 1 onion (red or yellow or white)
- 2 cloves garlic
- 2 tbsp curry powder or paste (can add ¼ tsp cumin, garam masala, coriander or anything else that sounds good as well!)
- 15 oz can of lentils
- 15 oz can of chickpeas
- 15 oz can chopped tomatoes
- 2 tbsp tomato paste (optional)
- 4 large handfuls spinach
- Naan or roti to serve

### Instructions

1. Sauté chopped onion and garlic with olive oil.
2. Drain the tin of lentils + tin of chickpeas then add to the pan.
3. Mix in the chopped tomatoes and curry powder (or curry paste) and any other optional spices you wish to add
4. Allow to simmer for 20 minutes then add the spinach and cook another 4 minutes until spinach is wilted.
5. Serve in bowls with roti bread or naan.

**The story behind this recipe.** My husband and I made this easy dal on a month-long road trip through Utah and Colorado. It was easy to prepare on a camp stove! We bought parathi from a local Indian grocer and were so happy to have it on our camping trip. Delicious!