

Brown Lentil Curry

Ingredients

- 1 T Vegetable Oil
- 1 t Cumin Seeds
- 1 Thai Bird Chili
- 1 c Onion (chopped)
- 3 clv Garlic (minced)
- 1/2 T Ginger (grated)
- 1 c Tomatoes (chopped)
- 1 c Brown Lentils (rinsed)
- 2 1/2 c Water
- 1 T Lime Juice
- 1/4 c Cilantro (chopped)
- 1/4 t Turmeric
- 1 t Ground Coriander
- 1/2 t Chili Powder
- 1/2 t Garam Masala
- 1 1/4 t Salt

Instructions

1. Start the pressure cooker in sautÃ© mode on high and let it heat. Add oil and cumin seeds. Saute for 30 seconds. When the cumin seeds change color, add chili, onions, ginger and garlic. SautÃ© for 3 minutes until the onions become golden brown while stirring frequently.
2. Add tomato, turmeric, coriander, chili powder, salt, and garam masala. Stir and sautÃ© for another 2 minutes. Add the lentils then water and stir well. Press cancel and close lid with vent in sealing position. Change the instant pot setting to manual at high pressure for 12 minutes. After the instant pot beeps, let the pressure release naturally by waiting 20 minutes.
3. Open the pot. Add the lime juice and stir the dal. Stir in cilantro. Serve dal with roti, naan

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or rice.