

Gut Rebuilding Dal

Ingredients

2 tbsp. virgin coconut oil
¼ tsp. cayenne pepper
¼ tsp. ground cumin
¼ tsp. ground turmeric
½ large onion, finely chopped
2 garlic cloves, finely chopped
1 3" piece ginger, peeled, finely chopped
1 large apple (unpeeled), grated
1½ cups red lentils
1 13.5-oz. canned coconut milk
2 cups of water
½ cup of organic Chicken bone broth (optional) or use water
2 tbsp. fresh squeezed lime juice
1 tsp. sea salt or to liking
1 tsp. freshly ground pepper
Serve with fresh cilantro and avocado on the side



Directions

Heat oil in a large pot over medium-high. Cook cayenne, cumin, and turmeric, stirring, about 1 minute. Add onion, garlic, and ginger and cook, stirring, 3 minutes. Add apple and lentils and stir to coat. Stir in coconut milk and 2½ cups water (or substitute a portion for chicken bone broth) and bring to a boil. Reduce heat and simmer, stirring occasionally, until lentils are completely soft and dal is thick, 20–25 minutes. Add lime juice and season with salt and pepper. Serve warm with cilantro and avocado on the side.
*Modified from www.bonappetit.com