

## **Vegetable Curry with Dahl**

### **Vegetable Curry**

Serves 4

1 cup onion, chopped	1 ½ t curry powder
2 cloves garlic, pressed	1 t cumin
2 carrots, cubed	½ t turmeric
2 T water	¼ t cayenne
1 potato, cubed	1 cup soy milk
1 ½ cups cauliflower, chopped	1 cup peas
1 cup broccoli, chopped	2 T tamari

Cook onion, garlic and carrots in 2 tablespoons of water until onion is soft. Add the potato, cauliflower, broccoli and spices and cook for 2-3 minutes. Add soymilk, cover, reduce heat and simmer for 10-15 minutes. When potato is soft, add peas and tamari. Serve with dahl, whole wheat chapatti or tortillas or over brown rice.

### **Dahl**

Serves 4

1 cup red lentils  
4 cups water or vegetable stock  
½ teaspoon turmeric

1 T water or 1 t oil  
½ cup onion, chopped  
1 clove garlic pressed  
½ teaspoon curry powder  
½ teaspoon ground cumin  
Pinch of cayenne  
Sea salt or tamari to taste

Wash and pick through lentils: remove any stones or debris. Put the lentils, turmeric and stock in a saucepan and bring to the boil. Reduce the heat and simmer, uncovered, for 20 minutes. It will have a soup-like quality.

In the meantime, heat the water or oil and add the onion, garlic and spices and cook until onion begins to brown. Add the onion mixture to the cooked lentils and stir. Add salt or tamari to taste.

*For more information see: [www.e2se.org](http://www.e2se.org)*