

Zucchini Dal

| Prep | Cook | Total |
|-------|--------|--------|
| 5 min | 20 min | 25 min |

Yield: 4

Serving: 4

Ingredients

2 red bell peppers *chopped*

1 large zucchini *cubed*

1 onion *chopped*

2 cups water

1 cup red lentils

2 T curry powder

salt and ground pepper *to taste*

chopped scallions or fresh parsley, for garnish *optional*

Directions

Saute chopped pepper, zucchini, and onion for 5 minutes using a few tablespoons of water.

Add red lentils and water. Mix in curry powder and cook on low-medium heat until the lentils are soft - 15 to 20 minutes. Add salt and pepper as desired.

Serve over some basmati rice with chopped scallions or parsley on top.