



Vegan Dahl

Ingredients:

1 cup yellow split peas, uncooked
2 cups vegetable broth
1 tsp. turmeric
1/4 tsp. cayenne
1/2 tsp. salt
1 Tbsp. margarine
1 onion, diced
1 1/2 tsp. cumin, whole seeds or ground
2 whole cloves
Dash pepper, to taste

Preparation:

In a large pot, place the peas and water or vegetable broth, and bring to a slow simmer. Add the turmeric, cayenne and salt, and cover. Allow to cook for at least 20 minutes, stirring occasionally.

In a large skillet or frying pan, heat the onion, cumin and clove in the margarine. Cook for 4 to 6 minutes, until onion is soft. Add the onion and spices to the split peas, and allow simmering for at least 5 more minutes.

Add a dash of pepper and more salt, if desired, and serve hot with rice or alone in a soup bowl.

