

# Indian Lentil Dahl



FOODSERVICE

SERVING SIZE: 20

## Ingredients

- 4 each Jalapeno, Minced
- 2 each Onion, Minced
- 2 tablespoons Olive Oil
- 2 tablespoons Fresh Garlic, Minced
- 2 tablespoons Fresh Ginger, Grated
- 1 tablespoon Cumin
- 1 teaspoon Tumeric
- 1 tablespoon Curry Powder
- 16 cups **Furmano's Petite Diced Tomatoes**
- 4 cups **Furmano's Fully Cooked Lentils**, Drained
- 2 cups **Furmano's Chick Peas (Garbanzo Beans)**, Drained & Rinsed
- As Needed Salt
- As Needed Pepper

## In This Recipe



Fully Cooked Lentils - 24 oz.



Fully Cooked Lentils - 108 oz.



Pouch Extra Fancy Chick  
Peas (Garbanzo)

## Preparation

1. In a stockpot turn heat on medium and add olive oil.
2. Add Jalapenos and Onions to stockpot and stir frequently not letting get burn't, but caramelize.
3. Add in Ginger and Garlic stirring constantly for two minutes.
4. Add in the spices, cook and stir until fragrant, one minute.
5. Stir in Petite Diced Tomatoes and Lentils. Bring to a boil and then a low simmer.
6. Once the heat is on a low simmer add in the chickpeas and stir to incorporate.
7. Heat to 165°
8. Serve alone or over a bed of Furmano's Fully Cooked Quinoa or another cooked grain of your choice for added texture and flavor.