

Low FODMAP Lentil Dal

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-indian-dal-recipe>

Ingredients:

- 2 tablespoons garlic
- olive oil
- 2 Roma tomatoes diced
- 1 tablespoon ginger finely chopped
- 1 jalapeno pepper sliced in half, optional
- 15 ounces lentils drained and rinsed
- 1/2 cup coconut milk canned
- 1/4 cup water
- 1 teaspoon ground turmeric
- 3/4 teaspoon Garam Masala
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 lime juice of
- salt to taste
- basmati rice Cooked
- cilantro
- lime wedges
- red pepper flakes optional
- coconut yogurt