



## Beet Daal

Prep Time: 30 Minutes

Cooking Time: 35 Minutes

Serves 12

### Ingredients:

- 3/4 lb. Beets, peeled, small dice
- 1/2 lb. Onion , medium dice
- 1 oz. Garlic , peeled, minced
- Vegetable Oil , as needed
- 1 Tbsp. plus 1 tsp. Coriander , ground
- 2 tsp. Cumin , ground
- 2 each Star Anise
- 1 tsp. Cinnamon , ground
- 1/4 tsp. Nutmeg , ground
- 1 qt. Chicken or Vegetable Stock
- 3/4 lb. Black Beluga Lentils

### Directions:

1. Saute beets, onion, and garlic until onion has softened. Add spices and cook an additional minute. Add stock and lentils and bring to a simmer. Simmer, uncovered for 20 minutes, or until mixture has reduced and lentils and beets have softened. Remove star anise and hold hot for service.