



Recipes

MISSIONFOODSERVICE.COM

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.