



EATING WELL ON A BUDGET

RECIPES

Quick Red Lentil Dal on Rice

Servings: 6

Cook Time: 40 minutes

1. Heat oil in a medium size pot.
2. Add onion and cook for 5-6 minutes.
3. Add garlic and ginger and cook for 1-2 minutes.
4. Add all spices and cook for 1-2 minutes. Stir often. (add 1-2 tsp water if dry).
5. Add stock, rinsed lentils, and canned tomatoes.
6. Bring to a boil and then cover pot with a lid and simmer over low heat for 30 minutes.
7. Serve over cooked rice.

- 1 Tbsp Canola oil
- 1 Onion, chopped
- 1-2 cloves Garlic, minced
- 1 Tbsp Ginger, minced
- 1 tsp Curry Powder
- 1 tsp Cumin
- 1 tsp Coriander
- 1 tsp Garam Masala
- 1/2 tsp Turmeric
- 1/2 tsp Salt
- 3 cups Stock
- 1.5 cups Lentils, dried
- 1 can Tomatoes, diced

- 1 cup Rice

Moroccan Chickpea Soup

Servings: 6

Cook Time: 40 minutes

1. Heat oil in a large or medium pot.
2. Add onion and cook for 5-6 minutes.
3. Add cumin and stir for 1 minute.
4. Add stock, canned tomatoes, and frozen or canned vegetables.
5. Bring soup to a boil and then cover pot with a lid and simmer over low heat for 30 minutes.
6. Serve with bread or pita chips.

- 1 Tbsp Oil or margarine
- 1 Onion, chopped
- 2 stalks Celery, chopped (optional)
- 2 tsp Cumin
- 2 cups Soup Stock
- 1 can Tomatoes, Diced
- 1 can Chickpeas, rinsed and drained
- 1 cup Spinach or kale, frozen

- 1 tsp lemon juice