




Total Time
35 MIN.

Serving Size
1 CUP

Difficulty
EASY

This Indian-inspired vegetarian dish makes a soothing and nutritious lunch or dinner main.

Yields
9

 **Tip**

- Add blanched cauliflower, zucchini or peas to dal.
- For better flavour, toast cumin, coriander and cardamom in dry pan set over medium heat for 1 to 2 minutes or until fragrant.

Tips:

INGREDIENTS	WEIGHT	MEASURE
Campbell's® Verve® Carrot Parsnip Bisque with Ginger	1 pouch (4 lb)	1 pouch (1.81 kg)
water	5 cups	1 L
ground turmeric	1 1/2 tbsp	23 mL
ground cumin	1 tbsp	15 mL
ground coriander	1 tbsp	15 mL
cardamom pods	2	2
pepper	1/2 tsp	3 mL
red chili flakes	1/2 tsp	3 mL
red lentils, rinsed well	1 1/2 cups	375 mL
cooked basmati rice	9 cups	2 L
chopped fresh cilantro	3/4 cup	175 mL

individual garlic naan breads, warmed

INSTRUCTIONS

1. Bring soup and water to boil in stock pot set over medium heat. Meanwhile, toast turmeric, cumin, coriander, cardamom, pepper and chili flakes; stir into soup along with lentils. Reduce heat to medium-low; simmer for 15 to 20 minutes or until lentils are tender but not falling apart. Makes 9 cups (2.25 L).

Reheat 1 cup (250 mL/7 oz) dal in small saucepan set over medium heat until simmering.

Spoon 1 cup (250 mL) rice into serving dish; spoon dal over top. Sprinkle with cilantro. Serve with 1 naan bread.