



HOW TO --- COOK DELICIOUS DAL

1 small onion (diced)
1 tbs minced garlic
1 tbs minced ginger
1/2 tsp turmeric
1 tsp paprika
1 tsp cumin
1 tsp curry
2 tomatoes (diced)
4 cups water
1 cup lentils
Zest of lemon
Top with fresh cilantro

-in a large pot (like a Dutch Oven) sweat the onions until translucent 5-7mins
-bloom spices in onions until fragrant 5 mins
-add ginger and garlic cook 2 mins
-add tomatoes, lentils and water; bring to a boil and reduce heat to simmer and cook about 30 mins

Dish is done when lentils are soft!

Masala Dal

Masala

- 1 tbs dry roasted coconut
- 1 tsp sesame seeds
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 1 tsp kashmiri chili
- 1/2 tsp cayenne powder

Lightly roast and grind everything into fine powder.

Dal

- 1/2 cup yellow or red lentils, rinsed and drained
- 1.5 cup water (or add more as needed)
- 1 cup chopped tomato
- 1/2 cup chopped onions
- 1/2 tsp mustard or whole cumin
- 1 tbsp chopped cilantro

Combine dal and water. Add half the amount of tomato and onions and cook until soft. Meanwhile warm up the pot on high heat.

Add a drop of water, if it sizzles and evaporates quickly then pot is ready.

Add the mustard or cumin seeds and let it crackle.

Add the rest of onion and tomatoes and start stirring. Sprinkle with broth as needed to infuse more flavor and to prevent it from sticking.

Add the dal masala and keep stirring. Continue to sprinkle with broth. Mix in the cooked dal. Add hot water as needed to achieve thick stew type consistency. Serve with lemon and cilantro on top.

5 Worst Foods to Avoid During Detox

Alcohol : alcohol gets processed through liver and can inhibit the liver's ability to metabolize fat

Meat, Dairy, Eggs: animal protein and fat is inflammatory. It adds extra stress on your liver.

Processed foods: you want to lighten your chemical load where possible and that includes the preservatives in your junk food, which may not seem like a lot but can add up and act as disruptors in the body's hormonal balance

Added oils, High fat foods: excessive fat from fried foods, dressings, snacks will accumulate on the liver leading to inflammation and then fatty liver diseases

Added sugars: white sugars is highly processed and will lead to chemically induced inflammation. Avoid eating foods such as cereals, cakes, cookies, desserts made with sugar.