

Curried Lentil Dip

PREP TIME:

10 minutes

COOKING TIME:

LOW: 5 hours

or

HIGH: 2 1/2 hours

SERVES:

6



INGREDIENTS:

1 tbsp olive oil

1 1/2 cups / 1 medium onion, diced

1/2 cup / 1 large carrot, diced

2 tsp / 4 cloves garlic, minced

1 small green chili, chopped

1 Indian Dal Slow Cooker Spice Blend

1 tbsp tomato paste

1 1/2 cups / 10oz French green lentils, rinsed

1/2 tsp salt

3 cups / 24 fl oz vegetable or chicken broth

1/2 cup sour cream light

3 tbsp lemon juice

PREPARE:

heat the oil in a skillet on medium; sauté onion, carrot, garlic and green chili for 2 minutes

transfer onion mixture to slow cooker

spinkle in the Indian Dal blend; add the tomato paste, French green lentils, salt and broth

stir, cover and cook on LOW: 5 hours or HIGH: 2 1/2 hours

cool and stir in the sour cream and lemon juice

serve with toasted pita, tortilla chips or crudités