Lentil Dahl

This recipe is a great source of iron which helps your blood move oxygen to where your body needs it.

**Serves 8**

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tablespoons fresh ginger, peeled and minced
- ½ teaspoon cumin
- ½ teaspoon garam masala
- ½ teaspoon curry powder
- 2 cups dried lentils
- 4 cups vegetable broth
- 4 cups water
- 8 cups fresh spinach, chopped
- Salt and pepper to taste

Directions

1. In a large pot, cook olive oil and onion over medium heat until onion is soft, about 5 minutes.
2. Add garlic, ginger, cumin, garam masala, and curry powder. Cook for 2 minutes more.
3. Add lentils, broth and water and simmer approximately 30 minutes or until lentils are soft.
4. Add spinach and simmer until spinach is soft.
5. Taste and add salt and pepper if desired.

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Please note: nutritional values are approximate.