Sweet Potato Lentil Dal

Four generous sweet potato and lentil bowls · Active 30 min · Total 1 hr 20 min

Skills: Coordinating split-lentil and small root-vegetable tenderness before an acidic tomato stage

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 medium onion, chopped (150 g)
- 1 teaspoon ground cumin (2 g)
- 1/2 teaspoon ground turmeric (1 g)
- Scant 1 cup split red lentils (180 g), checked and rinsed
- 1 1/3 lb sweet potatoes (600 g peeled weight), cut into 1/2-inch/1 cm cubes
- 3 cups water (720 ml), plus up to 1/2 cup/120 ml more if needed
- 1 can chopped tomatoes, 14–14 1/2 oz/400–411 g, including juice
- 1/2 teaspoon fine salt (3 g)
- 1/4 teaspoon black pepper (0.5 g)

Set out

Heavy saucepan with lid, at least 4 qt/4 L, Strainer, Knife and board, Long-handled spoon

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion for 7–8 minutes. Stir in cumin and turmeric for 30 seconds.

2. Add rinsed lentils, sweet-potato cubes and 720 ml water. Bring to a simmer, partly cover and cook gently for 20–25 minutes, stirring from the bottom, until lentils crush easily and potato centers are tender. Add extra water in small amounts only if drying before tender.

3. Add tomatoes with juice, salt and pepper. Simmer uncovered for 10–12 minutes, stirring, until thick and cohesive. Press a few potato pieces against the pan if desired, leaving plenty whole. Use remaining extra water only if needed for a soft spoonable consistency.

4. Divide the complete pot into four bowls and serve. Begin shallow cooling promptly for any saved portions.

No coconut can required

The broken-down lentils supply body. Coconut milk is not a missing ingredient to add in place of the measured water.

Ingredient labels

No major allergen ingredient is deliberately included in the base. Check canned tomatoes and spice labels for added ingredients and cross-contact statements; no allergen-free guarantee is made.

A useful detail

The 80-minute total allows peeling and dicing as well as tenderizing dry lentils before the tomato stage. A long lentil packet time extends the estimate.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Freeze promptly cooled portions for up to 2 months and thaw in the refrigerator. Loosen with a little water during reheating because split lentils thicken on standing.