**Turmeric & Cumin Red Lentils**

**Ingredients**

1 cup red lentils

4 cups water

1 small onion, minced

4 teaspoons ghee

3/4 teaspoon turmeric

1 teaspoon cumin

2 teaspoons garlic, minced

Himalayan pink salt to taste

sliced scallions, for garish if desired

\*\***Vegan Turmeric & Cumin Red Lentils:**This recipe can be made **vegan**by simply substituting vegetable oil instead of ghee.

**Directions**

1. Place a small pot on medium high heat and add one teaspoon of ghee.

2. Once the ghee melts and is hot, add half of the minced small onions and sweat for a few minutes, until the onions are translucent.

3. Add the garlic and sweat for about 1 minute, until your start to smell the garlic.

4. Add the turmeric to the ghee, onions and garlic. Let toast for about 30 seconds, stirring as not to burn anything.

5. Add lentils, stir.

6. Add water and bring to a boil. Once it starts boiling, reduce heat to a gentle simmer and cook for about 10-15 minutes until the lentils are soft, most of the liquid is absorbed and the consistency starts to thicken.

7.Once the lentils are cooked, remove from heat and set aside.

**Seasoning**

8. In a separate smaller pot, add the remaining 3 teaspoons of ghee.

9. Over medium high heat, melt the ghee. Hold the pot on its side, positioning the pot so all the oil is the corner of the pot. See image below.

10. Sweat the rest of the minced onions until translucent, and then add the garlic and cumin seeds. You might hear a little popping noise so do not be alarmed.

11. You know the mixture is finished when the garlic starts to brown around the edges. Be careful here, because this is the stage when the garlic can burn easily if you are not careful. Therefore, it is perfectly okay to give it a stir once in a while.

12. As soon as the mixture is finished, add it to the cooked lentils and stir it in until it is evenly distributed. Do not keep the toasted seasonings in the pan they were toasted in, as the pan is hot and the seasonings will continue to brown and burn.

13. Finish seasoning the lentils with Himalayan pink salt to taste.

14. Add chopped scallions as a garnish when serving, if desired.