

Dahl Brussel Sprouts

Number of Servings: 2

Prep Time: 15 minutes

Cook Time: 45 minutes

Ingredients

5 cups water

1 onion chopped

4 cloves garlic

1 tsp cumin, tumeric, coriander, ginder powder, fenugreek

2 carrots, sliced

salt and pepper

1 cup split mung dahl

2 cups brussel sprouts

Instructions

Add everything but the brussel sprouts, and bring to a boil. Reduce heat and simmer for 30 minutes, or until the dahl is soft. Quarter the brussel sprouts, and add to the pot. Cook for 15 minutes or until brussel sprouts are soft.