

# Tomato Spiced Lentils

- extra virgin olive oil
- minced garlic to taste
- diced onion
- jalapenos, seedless, minced or in rings
- 1 part dried lentils
- 1 part tomato sauce
- 1-1/2 parts water
- salt to taste
- black pepper to taste
- ground coriander seed to taste
- dried cumin seed or ground cumin to taste
- lime juice
- tomato paste to taste
- honey or maple syrup or other sweetener to taste
- dried or fresh cilantro and/or epazote to taste

Heat the extra virgin olive oil, over a medium heat, in a pot that will be large enough with all ingredients and has a cover.

Once the oil is hot enough add, in order, the garlic, onions and jalapenos, stirring until soft.

Remove from heat, add in the lentils, tomato sauce and water. Stir and return to heat.

While bringing the liquid to a slow boil, add the salt, pepper, coriander, cumin and lime juice. Once it reaches a slow boil, cover the pot and reduce heat to very low.

Cook for 30 to 60 minutes as needed for lentils to absorb the liquid and become moist.

Remove the cover and stir. Stir in the tomato paste, sweetener and herbs. Finish up the dish by cooking a few minutes more while stirring.

Serve.

Preparation time: 45 to 90 minutes

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