

## Red Lentil Sweet Potato Dahl with Rice

I make a simple dahl at home with very small dice for all the vegetables, adding a little more spice than I normally would. You can look up a recipe, but here is the basic premise:

4 tablespoons coconut oil

1 yellow onion, diced small and 2 Tbsp each of minced garlic and minced or grated ginger

1 Tbsp curry powder

1 Tsp each of cumin and coriander and 2 Tsp turmeric

pinch of red chile flakes or ½ Tsp cayenne pepper (or more to taste)

2 Tsp salt

1 (or 2) 14 oz cans of diced tomatoes (depending on taste)

3 Cups sweet potato, diced small

2 Cups red lentils, rinsed and drained

4 Cups vegetable or chicken broth

1 14 oz can of coconut milk

Sautee the onion in the coconut oil for a few minutes, add the garlic and ginger and cook a minute or two longer. Add the curry powder, cumin, coriander, turmeric, salt and chile or cayenne. Cook for a minute or two. Add the tomatoes and cook for a minute or two, until the tomatoes break down a bit. Add the sweet potatoes, broth, coconut milk and red lentils. Bring to a boil then reduce heat and simmer for about 30 minutes, until the sweet potatoes and lentils are tender.

Dehydrate the dahl on film, 2 cups of dahl per tray, until it's crumbly (about 8 hours). When it's cool, put the contents of one tray into a ziploc bag. That will make a 2 Cup serving.

To assemble the meal:

### Bag 1:

To the bag of dried dahl, add 2-3 Tbsp dried spinach or kale, 1 – 2 Tbsp FD peas, 1 scoop powdered coconut milk, 1 or 2 packets of True Lime, ½ Tsp salt, ½ Tsp garlic powder and 1 Tsp curry powder (optional, to make up for loss of flavor in drying and storage)

### Bag 2:

1 C brown minute rice or 1 C white minute rice (or home dehydrated cooked rice)

Optional packet of hot sauce

### ON TRAIL:

Make the rice – for white rice, put 1C boiling water over rice in the cozy and let sit.

For brown rice, put 1C water and brown rice in pan, bring to a boil, boil for 1-2 minute, put in cozy and let sit.

Put the contents of Bag 1 in the pan with 1.5C to 2C water (depending on how you like your dahl), bring it to a boil stirring to dissolve the dried dahl. Add it to rice in the cozy, sit 10 min.

(It's possible to make this all in one step, if you don't mind your rice mixed in with your dahl. If you do that, make sure you stir a couple times to break up and mix in the dahl.)