

# Vegan Dal Makhani

Prep: 15 minutes • Cook: 40 minutes

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*A rich, creamy, restaurant-style dal with whole brown lentils and kidney beans simmered in a velvety tomato-coconut sauce, layered with warming spices. Comforting and deeply flavorful, it delivers slow-cooked depth with minimal effort.*

## Ingredients

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- 1 cup whole brown lentils (rinsed; soaked 6–8 hours or overnight; drained and rinsed again)
- 4 tablespoons olive oil or avocado oil
- 1 small yellow onion (finely chopped)
- 6 cloves garlic (finely minced or grated)
- 2-inch piece fresh ginger root (finely minced or grated)
- 2 tablespoons tomato paste
- 1.5 teaspoons, plus more to taste kosher salt (halve if using fine sea salt)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground cayenne pepper (use less for milder heat)
- 1 teaspoon ground black pepper
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon ground nutmeg
- 1 (15 oz) can kidney beans (drained and rinsed)
- 1 (14 oz) can crushed tomatoes
- 1 tablespoon brown sugar
- 1 (14 oz) can full-fat coconut milk
- for serving cilantro (chopped)
- for serving lemons or limes (cut into wedges)
- for serving rice or flatbread

## Instructions

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1. Heat a heavy-bottomed pot over medium-high heat and add the olive oil. When shimmering, add the onion and sauté 6–8 minutes until translucent and browned at the edges.
2. Add the garlic, ginger, and tomato paste. Cook for about 3 minutes, stirring frequently to prevent burning.
3. Add the kosher salt, cumin, coriander, cayenne, black pepper, cinnamon, cardamom, and nutmeg. Cook 30–60 seconds, stirring constantly, until fragrant.

4. Stir in the soaked lentils, kidney beans, crushed tomatoes, brown sugar, and coconut milk until well combined.
5. Bring to a simmer, then reduce heat to low and simmer uncovered for 20–25 minutes, stirring occasionally, until the lentils are soft.
6. Turn off the heat. Using an immersion blender, pulse a few times to purée about one-quarter of the mixture, creating a creamy texture while keeping some lentils whole.
7. Taste and adjust salt as needed.
8. Garnish with chopped cilantro and serve hot with lemon or lime wedges, rice, or flatbread.