

# Indian Lentils and Pasta

Recipe Adapted from foodhero.org



Ingredients for 5 servings

- 3 cups water
- 2 cloves of garlic, finely chopped
- 1 can (15 ounces) diced tomatoes with juice
- 1 large onion, chopped
- 1 tablespoon vegetable oil
- 1/2 cup dry lentils, rinsed
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- 1/4 teaspoon red pepper flakes
- 1/2 cup orzo or other small pasta
- 1/4 cup fresh cilantro, chopped



1. Gather all the ingredients.



2. Chop the onion, garlic and cilantro.



3. Heat the oil in a skillet over medium heat. Add the chopped onions and garlic. Cook until



4. Add the lentils and water.



5. Add cumin, turmeric and red pepper flakes.



6. Bring to a boil.



7. Then cover and reduce heat to low and simmer for 25 minutes or until lentils are tender.



8. Add the orzo and cook uncovered about 10 minutes until the pasta is tender.



9. Sprinkle with cilantro and serve warm.

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