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Lentils are so versatile, cheap and delicious. These lentil recipes will show you how to use them in a healthy soup, in Indian dal, or to add extra texture to a pumpkin stew or rice dish.

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The small ingredient that packs a super-sized nutritional punch,the humble lentil is a superfood that is endlessly versatile. Itcan lend itself to...

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Method. Heat the oil in a large saucepan. Add the bacon, onion and red pepper. Cook on a low heat for 5 minutes, or until the vegetables have started to soften. Boil a kettle and use this to make...

[Lentil and bacon soup recipe - BBC Food](#)

First, heat 2 tbsp of oil in a large non-stick frying pan (skillet) over a medium heat. Add the garlic and, stirring regularly, fry for 1–2 minutes until golden and fragrant. Take care not to burn...

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Drain the lentils when done. Place the coconut oil in a large skillet and heat over medium-high heat. Add the onion and bell pepper and cook for 5 minutes. Add the grated carrot and cook for another 5 minutes. Place the mushrooms in a food processor and pulse a couple of times until coarsely chopped.

[Lentil Balls in Sweet and Sour Sauce and The Make Ahead ...](#)

Coconut Red Lentil Soup. An absolute favorite lentil soup! A friend turned me onto this Ayurvedic dal recipe from the Esalen Cookbook years ago. Red lentil based, curry-spiced coconut broth with back notes of ginger and tomato, with slivered green onions, and curry-plumped raisins.