VEGAN Lentil Dahl.

Red, Yellow, Green, Brown lentils. (Red lentils go mushy which is perfect).

Ingredients:

Pint jars and lids, washed
Per jar, raw packed:
1/4 cup lentil, dry, no soaking or pre-cooking.
1/2 tsp salt
1 tsp coconut oil (other oil is fine)
1 tsp tomato puree/ paste
1 tsp turmeric / haldi
1/2 tsp ground coriander
1/2 tsp ground fenugreek
1/2 tsp ground cumin
1 tsp chopped cilantro
1/2 tsp onion powder
1/2 tsp garlic power
1/2 to 1 TBSP chopped jalapeños or 1/4 tsp chili powder
Cover with water to one inch headspace.
Stir.

Pressure Canning:

Process at 11 pounds for 75 minutes.