Indian Dal

http://userealbutter.com/2011/10/23/indian-dal-recipe/
from Whole Foods Market

2 cups red lentils
2 tbsps extra virgin olive oil
1 yellow onion, finely chopped
1 tsp whole cumin seeds
1/4 tsp ground cardamom
4 cloves garlic, finely chopped
2 tbsps finely chopped ginger
4 cups vegetable broth or water (I used water and doubled it to 8 cups for a soupy dal)
1 1/2 cups chopped tomatoes, with juice
1/3 cup chopped cilantro
1 tsp ground turmeric
salt to taste
1 jalapeno pepper, stemmed, seeded, and finely chopped
1 lemon, juice of

Pour lentils out onto a large shallow baking sheet and pick out any stones or random stuff. Rinse and drain the lentils. In a large pot, heat the oil on medium-high heat. Sauté the onions until they are soft, about 5 minutes, then add the cumin seeds, cardamom, garlic, and ginger. Stir together while cooking for a couple of minutes until fragrant. Pour in the remaining ingredients *except for the lemon juice*. If you want a stew-like dal then use 4 cups of liquid (vegetable broth or water). If you prefer a soupier dal like I do, then use 8 cups of liquid. Bring to a boil and then reduce heat to a simmer. Simmer for 15 minutes until the lentils are soft, stirring frequently. I like to let it cook for 30 minutes, because I prefer lentils that are disintegrating. Stir in the lemon juice before serving. Serves 6-8.