



CHILLED CURRIED LENTIL DIP

• SLOW COOKER RECIPE •

- 1 Tbsp. olive oil
- 1 medium onion, diced
- 1 large carrot, diced
- 1 Tbsp. **Oh! So Garlic**
- 1 small green chili pepper, chopped
- 1 pkg. **Taste of India Spice Blend**
- 1 Tbsp. tomato paste
- 1 ½ cups green lentils, rinsed
- ½ tsp. salt
- 3 cups vegetable or chicken broth
- ½ cup sour cream
- 3 Tbsp. lemon juice

Heat the oil in a skillet on medium; sauté onion, carrot, **Oh! So Garlic** and green chili for 2 minutes; transfer onion mixture to slow cooker. Sprinkle in the **Taste of India Spice Blend**; add the tomato paste, green lentils, salt and broth.

Stir, cover and cook on LOW for 5 hours or HIGH for 2 ½ hours.

When cool, stir in the sour cream and lemon juice.

Serve with toasted pita, tortilla chips or veggies.

- **Oh! So Garlic**
- **Taste of India Spice Blend**