

Instant Pot Dal Makhani ?

Yield: 4 min
Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/lentil-and-red-bean-indian-crock-pot-recipe>

Ingredients:

- 1 teaspoon coriander powder
- 1 teaspoon Garam Masala
- 1 teaspoon red pepper Kashmiri, Or Cayenne pepper
- 1 teaspoon turmeric powder
- 1 1/2 teaspoons salt
- 1 tablespoon oil
- 2 teaspoons cumin seeds
- 1 cup lentils Soaked overnight
- 1 cup red beans Soaked overnight
- 1 1/2 cups onion Diced
- 1 cup tomato Diced, two roma
- 2 tablespoons garlic
- 1 tablespoon ginger
- 4 1/2 cups water
- 1/4 cup almond milk yogurt
- 1/2 cup cilantro Chopped

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 67 grams
3. Fat: 5 grams
4. Fiber: 24 grams
5. Protein: 25 grams
6. Sodium: 910 milligrams
7. Sugar: 6 grams

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