

Indian-Style Red Lentils with Ginger (Red Lentil Dal)

Yield: 7 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-red-lentils-indian-recipe>

Ingredients:

- 2 cups red lentils dried, rinsed, and drained
- 1 teaspoon ground turmeric
- 5 cups water
- 2 tablespoons grapeseed oil or other neutral-flavored oil
- 2 teaspoons cumin seed
- 2 onion small, chopped
- 2 tablespoons fresh ginger root finely diced
- 4 ounces Anaheim chile diced, with juice, or for more heat use 3 fresh Thai, Serrano, or Cayenne peppers, seeds removed and chopped
- 1 teaspoon salt
- chopped cilantro or sliced green onions for garnish, optional

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 48 grams
3. Fat: 6 grams
4. Fiber: 23 grams
5. Protein: 17 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 370 milligrams
8. Sugar: 9 grams

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