

Spiced Lentil Chard Soup - Hariyali Dal

Yield: 2 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chard-indian-dal-recipe>

Ingredients:

- 1 cup red lentils masoor dal, or use split peas, or mung dal or chana dal
- 3 1/2 cups water
- 1 tablespoon ginger grated
- 1 green chile fresh, finely chopped or grated
- 1/2 teaspoon turmeric
- 3/4 teaspoon salt or more
- 4 chard leaves, large, chopped 2 cups loosely packed greens
- 1/4 cup cream thin cashew, or coconut milk or other non dairy cream or milk
- 2 teaspoons lime juice
- 1 teaspoon oil
- 1/2 teaspoon cumin seeds
- 2 green cardamom pods cracked open
- 2 inches cinnamon stick
- 2 cloves
- 2 red chilies dried, broken for more heat
- 3 cloves garlic

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 25 milligrams
4. Fat: 11 grams
5. Fiber: 36 grams
6. Protein: 30 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1140 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Spiced Lentil Chard Soup - Hariyali Dal above. You can see more 18 chard indian dal recipe Experience flavor like never before! to get more great cooking ideas.