

Creamy Indian Green Lentil Dhal

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-indian-green-lentil-recipe>

Ingredients:

- 2 tablespoons vegetable oil
- 4 cloves garlic diced
- 1 tablespoon grated ginger
- 1 shallot diced
- 2 tablespoons coriander stems, diced
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1 1/2 cups vegetable broth
- 1 cup coconut milk well mixed
- 1 cup green lentils
- 1/2 teaspoon cayenne pepper
- red chili pepper Dash of crushed
- salt to taste
- 1 tablespoon tomato paste
- chopped coriander for garnish, optional

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 41 grams
3. Fat: 22 grams
4. Fiber: 17 grams
5. Protein: 15 grams
6. SaturatedFat: 13 grams
7. Sodium: 600 milligrams
8. Sugar: 4 grams

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