

Green Lentil Dal Makhani

Yield: 8 min
Total Time: 40 min

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

Ingredients:

- 1 small onion
- 6 cloves garlic sliced
- 1 tablespoon ginger
- 4 chopped fresh tomatoes
- 2 teaspoons cumin seeds
- 1 teaspoon fenugreek seeds or you can substitute mustard seeds
- 1/2 teaspoon chili powder see notes
- 1 tablespoon Garam Masala
- 1 teaspoon turmeric
- 1 cup green lentils dried
- 1 can kidney beans drained and rinsed
- 4 tablespoons double cream / heavy cream
- 1 3/4 tablespoons salted butter
- salt
- pepper
- 1 handful leaves fresh coriander, cilantro, to garnish., optional

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 20 milligrams
4. Fat: 7 grams
5. Fiber: 9 grams
6. Protein: 11 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 130 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Green Lentil Dal Makhani above. You can see more 17 green lentil india dal recipe Cook up something special! to get more great cooking ideas.