

{Recipe} Panchmel Dal | Indian Style Five Lentil Curry

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-bean-curd-curry-recipe>

Ingredients:

- 1 1/2 cups lentils
- 1/4 cup black beans
- 1 cup tomato puree or chopped tomatoes
- 1/2 teaspoon ginger garlic paste
- 2 bay leaves
- 1/2 teaspoon turmeric
- 1 teaspoon cumin seeds
- 2 green chilies
- 1 teaspoon chilli powder
- 2 tablespoons oil or ghee
- coriander leaves chopped
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- 1/2 teaspoon Garam Masala optional
- 1/2 cup curd beaten, /yogurt, optional
- salt to taste

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 10 milligrams
4. Fat: 12 grams
5. Fiber: 25 grams
6. Protein: 23 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 560 milligrams
9. Sugar: 6 grams

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