

Split Pea Dal

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-dahl-recipe-green-split-peas>

Ingredients:

- 1 cup green split peas dried
- 1 cup basmati rice uncooked
- 3 tablespoons ghee
- 1/2 teaspoon cumin seeds
- 1 medium onion diced
- 3 garlic cloves medium, minced
- 1 teaspoon ginger freshly grated
- 1 jalapeno seeded and diced
- 1/2 teaspoon turmeric
- 1/2 teaspoon coriander
- 1/4 teaspoon ground cinnamon
- pepper
- salt
- 14 ounces petite diced tomatoes

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 76 grams
3. Fat: 9 grams
4. Fiber: 16 grams
5. Protein: 17 grams
6. Sodium: 210 milligrams
7. Sugar: 8 grams

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