

# Vegan Indian Dal with Spinach

Yield: 6 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-dahl-with-spinach-recipe>

## Ingredients:

- 2 cups yellow split peas
- 4 water + cups
- 2 teaspoons salt
- 1 teaspoon ground turmeric
- 2 tablespoons chili sauce hot red, I use Sriracha, add more to taste
- 1 pound spinach rinsed and chopped, I use frozen chopped leaf spinach
- 1 onion chopped
- 1 teaspoon coconut oil
- 2 teaspoons ground cumin
- 1 teaspoon mustard seeds
- 1 1/2 teaspoons Garam Masala
- 2 teaspoons curry
- 13 1/2 ounces light coconut milk
- cooked rice

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 50 grams
3. Fat: 17 grams
4. Fiber: 21 grams
5. Protein: 21 grams
6. SaturatedFat: 14 grams
7. Sodium: 950 milligrams
8. Sugar: 9 grams

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