

Pressure Cooker Rice and Dal

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-dal-recipe-rice-cooker>

Ingredients:

- 1 tablespoon ghee coconut oil, or oil
- 1 teaspoon cumin seeds
- 1 teaspoon black mustard seeds
- 1 teaspoon cumin seeds
- 1 jalapeño peppers chopped into big visible pieces, Optional
- 6 cloves garlic 6 cloves, smashed
- 2 inches ginger piece, 4, cut into thin slices
- 1 teaspoon turmeric
- 1 teaspoon kosher salt
- 1 cup onions chopped
- 1 cup diced tomatoes
- 1 cup toor dal yellow pigeon peas, rinsed and drained
- 2 1/2 cups water
- 1 cup basmati rice rinsed and drained
- 1 cup water
- 1 tablespoon ghee butter, or coconut oil
- 1 teaspoon kosher salt
- 1/4 cup chopped cilantro or Parsley
- butter
- coconut oil
- dal
- ghee

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 15 milligrams
4. Fat: 13 grams
5. Fiber: 17 grams

6. Protein: 17 grams
7. SaturatedFat: 4 grams
8. Sodium: 1260 milligrams
9. Sugar: 5 grams

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