

Dhal

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-dhal-recipe-trinidad>

Ingredients:

- 1 cup red lentils
- 1 teaspoon salt or less
- 1 teaspoon turmeric
- 750 milliliters water
- 1 carrot chopped, optional
- 1 brown onion large, chopped
- 3 cloves garlic minced, or baked
- 1 inch ginger root piece, grated, or ½ teaspoon ginger powder
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1/4 teaspoon cayenne pepper or less, depending on your
- 1 teaspoon Garam Masala optional
- 1 stick cinnamon
- freshly ground black pepper
- green chilli pepper sliced to garnish, optional
- 1 handful baby spinach optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 38 grams
3. Fat: 1 grams
4. Fiber: 18 grams
5. Protein: 14 grams
6. Sodium: 620 milligrams
7. Sugar: 3 grams

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