

# Dal Makhani

Yield: 4 min  
Total Time: 75 min

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

## Ingredients:

- 1/2 cup urad dal dried whole unsplit
- 1/2 cup dal dried kidney beans, rajma
- 4 tablespoons melted butter or ghee
- 7 serrano chilies fresh green
- 1 piece ginger peeled and chopped
- 1 shallot large peeled chopped
- 8 cups water
- 4 tablespoons heavy cream
- 1 teaspoon cumin seed
- 1/2 teaspoon turmeric
- 1 teaspoon Garam Masala
- 1/2 teaspoon chili
- 1/4 teaspoon paprika
- 1/2 cup green onion
- 4 tomatoes chopped or one 16 oz can of tomatoes if you can't get good fresh ones
- 2 tablespoons fresh cilantro chopped
- 1 tablespoon heavy cream

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 60 milligrams
4. Fat: 21 grams
5. Fiber: 17 grams
6. Protein: 16 grams
7. SaturatedFat: 12 grams
8. Sodium: 130 milligrams
9. Sugar: 5 grams

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