

Indian Spinach Lentil Stew

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-lentils-and-beans-recipe>

Ingredients:

- lentils For Cooking
- 1/3 cup pigeon peas
- 1/4 cup mung beans yellow
- 3 cloves
- 1/2 inch cinnamon stick
- 1/4 teaspoon turmeric powder
- 1 pinch asafoetida
- 2 cups water
- 1 cup spinach chopped
- 1 tomato chopped
- 4 garlic cloves minced
- 2 green chilis optional, Do Not Add these, if making this stew for babies
- 1/2 inch ginger piece
- 1 tablespoon coriander chopped
- 1 teaspoon ghee / butter
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon mustard seeds
- 1/4 teaspoon fenugreek seeds
- 1/2 cup water
- 1 pinch kasoori methi optional
- salt according to taste

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 45 grams
3. Fat: 2 grams
4. Fiber: 19 grams
5. Protein: 18 grams
6. Sodium: 240 milligrams

7. Sugar: 3 grams

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