Instant Pot Dal | Indian Dal

Yield: 4 min
Total Time: 30 min

Recipe from: https://www.recipeschoose.com/recipes/recipe-for-indian-food-in-instapot

Ingredients:

- 2 tablespoons coconut oil
- 1 yellow onion large, chopped
- 4 cloves garlic minced
- 1 tablespoon minced ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 tablespoon curry powder
- 1 teaspoon Garam Masala
- 1/4 teaspoon cayenne add more if you like your indian food spicy!
- 1/4 teaspoon mustard seeds
- 1 1/2 cups red lentils or dried brown
- 3 cups water
- 1/2 teaspoon salt
- 2 tomatoes chopped
- 1/4 cup fresh cilantro chopped + extra for garnish

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 51 grams
3. Fat: 8 grams
4. Fiber: 25 grams
5. Protein: 20 grams
6. SaturatedFat: 6 grams
7. Sodium: 320 milligrams
8. Sugar: 5 grams

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