

# Vegan Indian Dal Chili

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/kidney-beans-soup-recipe-indian-style>

## Ingredients:

- 1 1/2 cups urad dal whole
- 1 cup kidney beans dried small
- 1 tablespoon olive oil
- 1 onion medium, very finely chopped
- 4 garlic cloves minced
- 2 tablespoons fresh ginger minced
- 1 1/2 teaspoons cumin seeds
- 1 tablespoon chili powder
- 1 teaspoon Garam Masala
- 1/2 teaspoon cayenne pepper or more/less depending on your preference
- 2 green chilis Thai, minced
- 28 ounces crushed tomatoes
- 3 cups water
- 1 teaspoon lime juice
- 1/3 cup cilantro leaves chopped

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 68 grams
3. Fat: 5 grams
4. Fiber: 28 grams
5. Protein: 27 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 300 milligrams
8. Sugar: 4 grams

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