

Dal (Indian Lentil Curry)

Yield: 4 min
Total Time: 105 min

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

Ingredients:

- 2 tablespoons ghee
- 1 tablespoon butter
- 2 chillies green cayenne, deseeded and cut into chunks, optional, Note 2
- 1 medium onion finely chopped, brown or yellow
- 6 garlic cloves finely chopped
- 1 tablespoon ginger finely chopped, 1.5cm / 3/5"
- 8 fresh curry leaves or 6 dried, Note 3
- 1 tomato chopped
- 1/2 teaspoon ground cumin
- 1 cup chana dal dried, yellow split peas or other yellow lentils, Note 4 for other lentils
- 4 cups water
- 1/2 teaspoon turmeric powder
- 1/8 teaspoon marsala garam
- 3/4 teaspoon salt
- 1 1/2 tablespoons ghee
- 1/2 butter
- 1 1/2 tablespoons ghee
- 1 small onion eschalot or 1/4, halved lengthways and sliced, Note 5
- 1 teaspoon cumin seeds
- 1/2 teaspoon black mustard seeds optional
- 3 dried chillies broken in half, seeds removed, optional

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 10 milligrams
4. Fat: 19 grams
5. Fiber: 10 grams
6. Protein: 11 grams

7. SaturatedFat: 2.5 grams
 8. Sodium: 500 milligrams
 9. Sugar: 8 grams
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