

Daal Makhani

Yield: 5 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/brown-daal-pakistani-recipe>

Ingredients:

- 1 cup daal urad, /black beluga lentils, sorted and rinsed
- 6 cups water plus more if necessary
- 1 1/2 cups tomato purée /sauce, about 2-3 medium tomatoes blended
- 2 teaspoons salt
- 1 teaspoon sweet paprika or chili powder, I used sweet Hungarian paprika
- 1 teaspoon Garam Masala ground
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon cayenne pepper or more, to taste, or finely chopped green jalapeño pepper
- 1 dash ground cinnamon
- 2 tablespoons olive oil vegetable oil or butter
- 2 teaspoons cumin seeds
- 1 tablespoon ginger peeled and finely chopped
- 1 tablespoon garlic crushed
- 3 green onions sliced thinly, plus more for garnish
- 1/2 cup crème fraîche or coconut milk for a vegan version, I've made both
- sugar to taste, optional
- 1/4 cup fresh cilantro chopped
- avocados
- olive oil
- fresh lime juice
- salt
- freshly ground black pepper optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 10 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams

6. Protein: 3 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1440 milligrams
9. Sugar: 10 grams

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