

# Masoor Dal Tadka - Indian Red Lentil Dal

Yield: 8 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/quick-indian-masoor-dahl-recipe>

## Ingredients:

- 2 cups masoor dal aka red lentils, sorted and well rinsed
- 8 cups water
- 1 tablespoon oil coconut oil or neutral flavored
- 1 yellow onion large, finely diced
- 6 cloves garlic minced
- 1 tablespoon minced ginger
- 2 green chiles minced, can be seeded for less heat, use more or less to taste
- 1 tablespoon Indian curry powder
- 1 teaspoon mustard seed whole
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1 1/2 teaspoons salt more to taste
- 15 ounces diced tomatoes
- 1 1/2 cups fresh tomatoes
- 15 ounces diced tomatoes
- cilantro for garnish, optional
- basmati rice to serve

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 44 grams
3. Fat: 2.5 grams
4. Fiber: 17 grams
5. Protein: 15 grams
6. Sodium: 470 milligrams
7. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Masoor Dal Tadka - Indian Red Lentil Dal above. You can see more 18 quick indian masoor dahl recipe Ignite your passion for cooking! to get more great cooking ideas.