

# Nepalese Toor Dal Curry

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/north-indian-toor-dal-curry-recipe>

## Ingredients:

- 1 cup toor dal can sub split peas or red lentils, rinsed and drained
- 4 cups water
- 1 tablespoon coconut oil
- 1/2 teaspoon cumin seeds
- 1 onion chopped
- 1 tablespoon ginger grated
- 2 cloves garlic pressed or minced
- 1 cinnamon stick
- 2 bay leaves
- 2 cardamom pods smashed
- 1/2 teaspoon turmeric
- 1/2 cup tomato chopped, I used cherry tomatoes
- 1/4 cup chopped cilantro for garnish, optional

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 35 grams
3. Fat: 4 grams
4. Fiber: 17 grams
5. Protein: 14 grams
6. SaturatedFat: 3 grams
7. Sodium: 20 milligrams
8. Sugar: 3 grams

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