

# One-Pot Spinach Dal

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/one-pot-recipe-indian>

## Ingredients:

- 3 tablespoons oil high heat
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 1 yellow onion diced
- 2 jalapeños cored and diced
- 2 inches fresh ginger peeled and minced
- 3 garlic cloves minced
- 1 teaspoon turmeric
- 1/2 teaspoon coriander
- 1/4 teaspoon cayenne
- 1 teaspoon salt
- 15 ounces diced tomatoes drained
- 1 cup yellow split peas soaked in water\*
- 1/2 cup water
- 10 ounces spinach leaves roughly chopped
- fresh cilantro for topping
- naan
- brown basmati rice

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 19 grams
3. Fat: 11 grams
4. Fiber: 4 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 720 milligrams
8. Sugar: 5 grams

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