

Sabut Masoor ki Dal

Yield: 4 min

Total Time: 100 min

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

Ingredients:

- 1 cup masoor whole, whole red lentils. Keep masoor soaked in water for an hour.
- 2 bay leaf
- 5 cloves
- 1/2 inch cinnamon stick
- 2 onions medium sized, cut into length
- 2 tomatoes medium sized, finely chopped
- 3 green chilies sliced lengthwise
- 1/2 teaspoon fenugreek leaves crushed dried
- 2 tablespoons ginger garlic paste
- 1/2 cup coriander leaves finely chopped
- 1 teaspoon turmeric powder
- 1 1/2 teaspoons coriander powder
- 3 teaspoons red chili powder byadagi-less spicy
- 2 teaspoons garam masala powder
- 1 stalk curry leaves
- 2 red chilies dried
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 1/4 teaspoon asafoetida powder
- 1 tablespoon clarified butter
- cooking oil
- salt

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 22 grams

6. Protein: 18 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 260 milligrams
9. Sugar: 8 grams

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