

Spinach and Green Lentil Dahl

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-green-lentils-indian-recipe>

Ingredients:

- 1 red onion diced
- 3 cloves garlic minced
- 1 knob ginger minced, I use a large knob
- 2 teaspoons cumin seeds
- 1 teaspoon turmeric powder
- 1 teaspoon Garam Masala
- 1 tablespoon curry powder
- 1 cup green lentils rinsed
- 1/2 cup red lentils rinsed
- 1 can chopped tomatoes
- 1 can coconut milk
- 3 handfuls spinach roughly chopped
- 1 cup water
- salt
- pepper

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 60 grams
3. Fat: 25 grams
4. Fiber: 28 grams
5. Protein: 23 grams
6. SaturatedFat: 21 grams
7. Sodium: 240 milligrams
8. Sugar: 8 grams

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