

Sabut Masoor Ki Daal - Lentil Soup

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/sabut-masoor-ki-daal-recipe-pakistani>

Ingredients:

- 3/4 cup lentils wash and soak for atleast half an hour
- 1 teaspoon oil
- 3/4 teaspoon cumin seeds
- 1 teaspoon black mustard seeds
- 1 pinch asafetida omit to make gluten-free
- 4 cloves garlic finely chopped
- 1 inch ginger finely chopped
- 2 green chilies finely chopped
- 3/4 cup onion finely chopped about 1/2 of a large onion
- 1/2 teaspoon turmeric
- 1/2 teaspoon Garam Masala
- 1 teaspoon coriander powder
- 1/2 teaspoon cayenne or add later to preference
- 1 large tomato chopped small
- 1 teaspoon salt or to preference
- 2 1/2 cups water
- cilantro for garnish, optional

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 30 grams
3. Fat: 2 grams
4. Fiber: 13 grams
5. Protein: 11 grams
6. Sodium: 610 milligrams
7. Sugar: 5 grams

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