

# Indian Red Lentil Dahl

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-ginger-chutney-recipe-indian>

## Ingredients:

- 2 tablespoons coconut oil or other neutral oil for frying
- 2 onions chopped
- 4 garlic cloves minced
- 2 teaspoons ginger minced, or more to taste
- 1 teaspoon turmeric
- 1 teaspoon coriander
- 1 teaspoon cumin
- 1 teaspoon paprika powder
- 1 teaspoon garam masala powder to taste
- 1 2/3 cups red lentils
- 3 1/4 cups vegetable broth
- 1 cup coconut milk
- 1 cup tomatoes strained, or chopped tomatoes, optional
- salt
- pepper
- 2 teaspoons coconut sugar or to taste
- 3 tablespoons lime juice or to taste
- 6 tablespoons non dairy yogurt
- fresh parsley or coriander
- sesame seeds
- rice cooked

## Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 5 milligrams
4. Fat: 24 grams
5. Fiber: 29 grams
6. Protein: 25 grams

7. SaturatedFat: 19 grams
  8. Sodium: 990 milligrams
  9. Sugar: 11 grams
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