

Dal Bhat

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 3/4 cup basmati rice
- 5 ounces baby carrots
- 2 cloves garlic
- 1 bunch cilantro
- 1 piece ginger
- 1 red chili pepper Long
- 1 onion
- 1 sprig fresh curry leaves
- 1 teaspoon black mustard seeds
- 1 teaspoon garam masala
- 1 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1 cup yellow lentils
- 1 cup vegetable broth
- 1 lime

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 68 grams
3. Fat: 1.5 grams
4. Fiber: 18 grams
5. Protein: 16 grams
6. Sodium: 270 milligrams
7. Sugar: 5 grams

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