

Yellow Split Pea Dal

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/yellow-split-pea-woth-tomato-indian-recipe>

Ingredients:

- 2 tablespoons ghee clarified butter, or vegetable oil
- 1 teaspoon yellow mustard seeds
- 1 teaspoon cumin seeds
- 1/4 teaspoon ground turmeric
- 1 tablespoon garam masala
- 2 serrano red Fresno, or jalapeno peppers, stemmed, and cut in half lengthwise
- 1 cup sliced leeks thinly
- 1 tablespoon minced garlic
- 2 teaspoons minced ginger
- 1 1/2 cups yellow split peas
- 6 cups vegetable broth or water
- 2 tablespoons lime juice
- 2 tablespoons coconut milk full fat
- 3/4 cup Roma tomatoes diced
- 1/4 cup chopped fresh cilantro

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 12 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1420 milligrams
8. Sugar: 6 grams

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