

Red Lentils (Dal)



Makes:

5 servings

Utensil:

Saladmaster Food Processor

1 Qt./0.9 L Sauce Pan with Cover

3 Qt./2.8 L Sauce Pan with Cover

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1

cup

red lentils

(256

g)

2

cups

water

(480

mL)

1

medium onion, strung, use Cone #4

fresh ginger, to taste, shredded, use Cone #1

1

clove garlic, shredded, use Cone #1

4

ounces

green chilies

(113

g)

¹/₂

teaspoon
salt
(3
g)
garam masala, to taste
turmeric powder, to taste

Directions:

1. In 3 Qt./2.8 L Sauce Pan, add lentils and water; cover and cook over medium heat. When Vapo-Valve? clicks steadily, reduce heat to low and continue to cook for approximately 45 minutes.
2. Meanwhile, preheat 1 Qt./9 L Sauce Pan over medium heat. When several drops of water sprinkled on pan skitter and dissipate, add onions and sauté until browned.
3. Add garlic, ginger and green chilies. Sauté until mixture is golden brown.
4. Add salt, garam masala and turmeric. Add mixture to lentils and stir to combine.
5. When serving, garnish with coriander, if desired.

Calories:

158

Fat:

1g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

241mg

Carbohydrate:

28g

Fiber:

13g

Sugar:

3g

Protein:

11g