

Daal (Lentils)

This recipe was first prepared during a presentation by by Neelam Gaur, Certified Health and Wellness Coach, <http://websites.integrativenutrition.com/ngaur/Home/Index.aspx>

Ingredients:

- Mustard Seeds
- Curry Leaves
- 1 small onion
- 2-3 garlic cloves, finely diced
- 1 small tomato, chopped
- 1/4 tsp turmeric powder
- 1/4 tsp cumin powder
- 1/4 tsp garam masala
- 1/2 cup Moong Daal
- 1/2 cup Toor Daal
- 1 small piece of fresh ginger

Directions:

Rinse the daals and cook according to package directions or pressure cook for 10 minutes.

In a separate pan, heat oil and add the mustard seeds, curry leaves, garlic and onions.

Let the onions brown.

Add the tomatoes and the turmeric, cumin, and garam masala powders.

Cook for 15 mins.

Add this mixture to the daal and add a little water if needed.

Taste for salt and add as desired.

Simmer for 5-7 mins.

Garnish with cilantro.