

Food is Health • Community Recipe Challenge

Moong Dal: Vegetarian Indian Yellow Lentil Dhal

Ingredients

- 1 cup mung dal (yellow lentils or split moong beans; look in the lentils, beans, or international food aisle)
- 2 cups water or vegetable broth
- 1 teaspoon turmeric
- Dash cayenne pepper, or more to taste
- 1/2 teaspoon kosher salt
- 1 tablespoon olive oil
- 1 onion, diced
- 1 teaspoon cumin seeds
- Freshly ground black pepper, to taste

Optional: 2 whole cloves; ½ tsp Asafoetida, find at Indian grocery stores; 1 tsp chopped ginger and/or garlic; 1/2 a tomato



Recipe from [TheSpruceEats.com](https://www.thespruceeats.com) (adapted)



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Instructions

1. Gather the ingredients. Wash the dal thoroughly, soak in water for at least 15 minutes, drain off the water.
 2. In a large soup or stock pan, combine mung dal or yellow lentils, vegetable broth, turmeric, cayenne, and salt. Bring to a slow simmer.
 3. Cover partially with a lid and allow to cook for at least 20 minutes, and up to 30 to 40 minutes if you prefer a smoother dal. You can add a bit more liquid if needed.
 4. In a separate skillet, add the olive oil, cumin seeds, (the optional cloves, asafoetida, chopped ginger/garlic, tomato) and then onion. Saute for just a few minutes over medium heat, until onions are soft.
 5. Add onions and spices to mung dal or lentils and allow to simmer for a few more minutes, stirring well to combine. Sprinkle with a dash of black pepper and add extra salt to taste, if needed. Serve plain, as soup, or over rice.
- Add fresh cilantro for brightness or chili flakes for extra heat!
 - Pair with steamed brown rice, quinoa, or roti
 - Dal tends to thicken up a bit as it cools. Add a bit more water if you are planning on having leftovers and depending on how thin or how thick you prefer your dal to be.



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For questions, please email FoodisHealth@elcaminohealth.org.

Nutrition Information per Serving Serves 4

| | |
|---------------|--------|
| Calories | 138 |
| Protein | 4g |
| Carbohydrates | 13g |
| Total Fat | 8g |
| Saturated Fat | 1g |
| Sodium | 601mg |
| Dietary Fiber | 4g |
| Vitamin C | 5mg |
| Potassium | 275 mg |



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