

# Indian Tarka Dal with Basmati Rice

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*Dal is the Indian word for lentil. You can find many different dals in an Indian market. They come in a variety of colors and are the daily stew in the Indian household. The Indians vary their dals with different ingredients and spices to make each meal a little different. Once you have this recipe mastered, change it up for variety or based on what's in your kitchen.*

1 cups	basmati rice, steamed	¼ teaspoon	mustard seeds
2 Tablespoons	oil	½ cup	Moong Dal
1	onion, diced	½ cup	Masoor Dal
1 Tablespoon	ginger root, minced	2 ½ cups	water
1	garlic clove, minced	1	tomato, diced
½ teaspoon	turmeric	1 teaspoon	salt or to taste
1 teaspoon	red chili powder	¼ cup	cilantro, leaves only

- 1 Begin to make the basmati rice. See separate instructions for cooking.
- 2 On medium low heat, cook the diced onion in oil until translucent, about 5 minutes. Add the ginger root, garlic, turmeric, red chile powder, mustard seeds and stir for 30 seconds, just until you begin to smell the aroma of the spices. Immediately add the masoor dal, moong dal. Stir to combine, then add the water, cover and bring to a boil. Turn to low heat and cook for about 15 minutes. Add more water if mixture looks dry while cooking.
- 3 After 10 minutes of cooking, add the diced tomatoes. Season with salt to taste and serve with basmati rice and garnish with cilantro leaves.

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Total Time: 25 minutes

## Nutrition Facts

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Nutrition (per serving): 425 calories, 73 calories from fat, 8.4g total fat, 0mg cholesterol, 599.7mg sodium, 472.9mg potassium, 72.2g carbohydrates, 6.5g fiber, 2.3g sugar, 16g protein.

Recipe Type: Main Dish, Side Dish, Vegetables, Vegetarian

## Source

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