Yellow Lentil Moong Dal Curry

1. 4 cups Water
2. ¾ cup mung beans or yellow lentils, soak
3. 3 t Ghee
4. ½ t Cumin seeds
5. 2 Purple Onions, chopped
6. 2 Tomato, chopped
7. ¼ t Turmeric powder (1/2 t fresh)
8. 1 t Red Chili powder
9. 1 t Salt
10. Coriander leaves

1. Wash the yellow moong dal and set it aside.

2. In a pan, add water and yellow moong dal. Cook it for 15 to 20 (you need to cook the lentils a lot longer about 40 mins) mins on low to medium flame till its soft and fluffy.

3. On a hot pan, add Ghee and Cumin translucent.

5. Add Turmeric powder and red chili powder and sauté for a minute.

6. To this add tomatoes and cook it till it's soft and mushy.

7. Once the tomatoes have turned mushy, add the cooked dal into the onion-tomato base and give it a mix.

8. To the dal add salt and mix it well.

9. Cook the dal curry for another 15-20 mins till the dal starts to become thick.

10. Moong Dal curry is now ready. Garnish it with Coriander leaves.

Yellow Lentil Moong Dal Curry <u>Double</u>

1. 8 cups Water
2. 1.5 cup mung beans or yellow lentils, soak
3. 6 t Ghee
4. 1 t Cumin seeds
5. 4 Purple Onions, chopped
6. 4 Tomato, chopped
7. ½ t Turmeric powder (1 t fresh)
8. 2 t Red Chili powder
9. 2 t Salt
10. Coriander leaves

1. Wash the yellow moong dal and set it aside.

2. In a pan, add water and yellow moong dal. Cook it for 15 to 20 (you need to cook the lentils a lot longer about 40 mins) mins on low to medium flame till its soft and fluffy.

3. On a hot pan, add Ghee and Cumin translucent.

5. Add Turmeric powder and red chili powder and sauté for a minute.

6. To this add tomatoes and cook it till it's soft and mushy.

7. Once the tomatoes have turned mushy, add the cooked dal into the onion-tomato base and give it a mix.

8. To the dal add salt and mix it well.

9. Cook the dal curry for another 15-20 mins till the dal starts to become thick.

10. Moong Dal curry is now ready. Garnish it with Coriander leaves.