

Masoor Dal Soup (Healthy Soups and Salads Recipe)

by Tarla Dalal



Ingredients

- 1/4 cup **masoor dal (split red lentil)**
- 1 tsp **oil**
- 1/2 cup **sliced onions**
- 1/2 tsp **crushed garlic (lehsun)**
- 1/4 tsp **chilli powder**
- 3/4 cup **chopped tomatoes**
- salt** to taste
- 1/4 cup **tofu** cubes

To Serve

- 1/4 cup **cooked rice** (chawal)
- lemon** slices

Method

1. Heat the oil in a pressure cooker, add the onions and sauté for a little time.
2. Add the garlic and chilli powder and sauté again until it releases a nice aroma.
3. Add 2½ cups of water, tomatoes and the masoor dal and cook in a pressure cooker.
4. Allow the steam to escape before opening the lid.
5. Blend in a mixer to a smooth puree, then strain the mixture using a sieve.
6. Transfer the mixture into a deep pan, add the salt and mix well.
7. Bring to boil and simmer for 8 to 10 minutes.
8. Serve hot with cooked rice and lemon slices.

Nutrient values per serving

Energy	Protein	Carbohydrate	Fat
102 calories.	7.2 gm.	12.8 gm.	2.4 gm.

