Recipe
Spinach Dal

By
Ananda Lila devi dasi

Ingredients

- 1/3 C each mung dal, toor dal and chana dal
- 5-7 C water
- 1 Tsp turmeric powder
- 1 Tbsp coriander powder
- 1½ Tsp salt
- ½ Tsp sugar
- 1 small bunch of fresh spinach leaves
• 3 Tbsp ghee/oil
• 2 bay leaves
• 1½ Tsp cumin seeds
• 2 Tbsp finely grated ginger
• 2 hot green chilies, chopped
• ½ Tsp yellow asafetida powder
• ½ Tsp paprika
• 1 C chopped tomatoes
• 2 Tbsp chopped fresh coriander leaves

Preparation

1. Wash and drain the dals.
2. Combine the dals and 7 cups of water in a saucepan. Add turmeric and coriander powder. Bring to a boil, reduce the heat and cook until the dals are soft and smooth. (Alternately, you can pressure cook the dal with the said ingredients but add only 5 cups of water)
3. Keep the dal on lowest flame. Add salt, sugar and the spinach leaves to the simmering dal. (you may add more water if you prefer a thinner consistency)
4. In a sauté pan, heat ghee/oil over moderate heat. Add bay leaves and cumin. When the seeds darken a bit, add ginger and chilies and fry for 1 minute. Add asafetida, paprika and tomatoes. Cook for 5-7 minutes until the tomatoes turn pulpy. Add the coriander leaves and stir in the seasoning to the dal. Serve hot with rice or chapatis.

Serves

4-5

For further details please contact anandliladd@gmail.com

www.iskcondesiretree.com

Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Rama Hare Hare