

## Recipe

### Spinach Dal

By  
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## 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

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