

Recipe for Moong Dal Soup

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Ingredients

- 1 cup Moong Dal, washed and drained
- 4 ½ cups water
- 3 tbs. pure ghee or oil to fry onions
- ½ tsp. haldi or turmeric
- ½ tsp. cumin
- 1 onion finely chopped
- ½ bunch chopped cilantro
- 2 green chilies finely chopped (optional)
- Salt to taste

Preparation

1. In a pressure cooker, mix Dal, water, salt, haldi and chili powder
2. When pressure builds up reduce heat to medium and cook for 8 minutes or according to your pressure cooker instructions. Do not take the steam out.
3. Take ghee in a small pan and fry cumin
4. Mix onions and keep frying till they turn light gold
5. Now add dal, water, turmeric, chilies and salt
6. Cook until the mixture becomes smooth
7. Stir and serve hot
8. Garnish with plenty of chopped cilantro leaves

Questions, comments or concerns? Let us know!

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