

Recipe Name: Maa Ki Dal (Recipe)
Diet Type: Vegetarian
Course: Dinner
Cuisine: Punjabi
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup black urad dal (split)	4
• 1 tablespoon kidney beans	
• 4 tomatoes - chopped	
• 1 inch ginger - grated	
• 1 tablespoon ghee	
• 1 teaspoon cumin seeds	
• 1 teaspoon Kashmiri red chilli powder	
• 1 tablespoon coriander powder	
• 1/2 teaspoon garam masala powder	
• salt - as per taste	

Preparation

- To make Maa Dal, first wash and soak the lentils and beans for 2-3 hours in water.
- Now heat 5 cups of water in a pan.
- Add dal and rajma to it and let it cook till it becomes soft.
- Allow to cook for 2 to 3 hours, which increases its taste even more.
- Then a.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
400	20	60	10	10	5