

Recipe Name: Navrang dal recipe - Navrang Dal (Recipe)
Diet Type: Vegetarian
Course: Lunch
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 2 tablespoons Green Moong Dal	4
• 2 tablespoons White Urad Dal	
• 2 tablespoons Kali Urad Dal	
• 2 tablespoons Masoor Dal (Split)	
• 2 tablespoons Masoor Dal	
• 2 Tablespoons Rajma	
• 2 Tablespoons Kabuli Chana	
• 1/4 Cup yellow moong dal - soaked for 20 minutes	
• 1 tablespoon arhar dal - soaked for 20 minutes	
• 1 onion - finely chopped	
• 1 tomato - finely chopped	
• 1 tablespoon ginger garlic paste	
• 1 green chili - Cut	
• 2 teaspoons Coriander Powder	
• 1 teaspoon Red Chilli Powder	
• 2 teaspoons Garam Masala Powder	
• 1 Tablespoon Kasoori Methi	
• 1 inch Ginger - Finely chopped (for garnish)	
• 2 tablespoons Ghee	
• 1 Dal Sugar	
• 1 teaspoon cumin seeds	
• salt - as per taste	

Preparation

- To make Navrang dal, first soak all the lentils overnight.
- Soak pili moong dal and arhar dal for 20 minutes.
- Put the lentils in the pressure cooker in the morning and cook till 3 whistles come.



- After the cooker cools, mash the pour and keep it aside.
- Now hea.

Macronutrients

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

