

Recipe Name: Masoor Dal Gassi Recipe - Masoor Dal Gassi Recipe

Diet Type: Vegetarian

Course: Dinner

Cuisine: Mangalorean

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 3/4 cup masoor dal	4
• 1/2 teaspoon turmeric powder	
• salt - as per taste	
• 1/3 coconut - tighten	
• 20 grams tamarind	
• 3 dry red chillies	
• 2 teaspoons coriander seeds	
• ghee - as per use	
• 1 Teaspoon mustard	
• 3 cloves garlic	
• 5 curry leaves	
• 2 dry red chillies	

Preparation

- To make Masoor Dal Gassi recipe, first cook the lentils in a pressure cooker.
- Add the lentils, salt, turmeric powder and 2-1 / 2 cups water to the pressure cooker.
- Cover the cooker and cook till it comes to 2 cities.
- After coming to the city, reduce the h.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	18	60	10	10	5