

Recipe Name: Sweet Potato Dal Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: North Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Masoor Dal (Whole)	4
• 1 cup Sweet Potatoes - cubed	
• 1 tablespoon Coconut Oil - or any other oil	
• 2 Onion - finely chopped	
• 1 Tomato - finely chopped	
• 1 teaspoon Cumin seeds (Jeera)	
• 4 Green Chillies - slit lengthwise	
• 5 Garlic - peeled and chopped	
• 1-1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Garam masala powder	
• 6 Curry leaves	
• 1/2 teaspoon Salt - (adjust according to your taste)	
• 2 cups Water	
• 1 teaspoon Sunflower Oil	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon White Urad Dal (Split)	
• 1/2 teaspoon Mustard seeds	
• Coriander (Dhania) Leaves - Few sprigs	

Preparation

- To begin making the Sweet Potato Dal recipe, wash masoor dal with water and soak in water for about an hour.
- In a pressure cooker, add dal, a cup of water and pressure cook for about 2 whistles.
- Set aside.
- In a non-stick pan, add oil and heat over medium fl.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	18	60	17	10	8

