



Masoor dal soup ( H )

Serving: 1

Veg

### *Ingredients*

- -2 tbsp masoor dal (split red lentil) (washed)
- - 1 small onions , sliced
- -2 Garlic (lehsun) cloves , crushed
- - $\frac{1}{2}$  tsp chilli powder
- -1 big tomatoes
- -1 tsp oil
- -salt to taste
- -For Serving
- -lemon juice to taste
- - coriander for garnish

### *Preparation Method*

- -Heat the oil and fry the onions for 1 minute. Add the garlic and chilli powder and fry again for  $\frac{1}{2}$  minute.
- -Add 1 cup of water, the tomatoes, masoor dal and salt and cook in a pressure cooker till the first whistle.
- -When cooked, blend in a mixer. Boil for 5 minutes.
- -Serve hot with lemon juice and garnished with coriander