

# Mung Dal

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## Ingredients

- 1 cup beans
- 7 cups water
- 1 cup chopped tomatoes
- 1 medium zucchini (peeled and chopped in 1-inch cubes)
- 5 tablespoons ghee
- ½ tablespoon minced ginger
- 1½ tablespoons cumin seeds
- 1 tablespoon black mustard seeds
- 1 green chili (minced)
- ¼ teaspoon hing
- 1½ teaspoons turmeric
- 1 tablespoon salt

## Method

1. In 4.5 litre put 3 tablespoons ghee, turmeric, hing, and beans. Fry for 30 seconds on medium heat.
2. Add vegetables and fry for 1 more minute.
3. Add water, salt, fresh chili, and diced ginger.
4. Bring to a boil over high heat, then cover, lower heat, and let dal simmer for 1 hour or until the beans have dissolved into a thick soup. Set aside.
5. In small skillet add remaining ghee.
6. When hot add cumin seeds and black mustard seeds. When the seeds start to crackle pour the mixture into the pot of dal.