**Tomato Pappu**

Prep time: 10 min Cook time: 30 min

**Ingredients:**

* 1 cup toor dal (pigeon pea lentils), rinsed and soaked for 15 minutes
* 2 large tomatoes, chopped
* 1 small onion, chopped (optional)
* 2 green chilies, slit
* 3 garlic cloves, minced
* 1 teaspoon turmeric powder
* 1 teaspoon red chili powder
* 1½ teaspoons low sodium salt (or as required)
* 2½ cups water
* 1 tablespoon tamarind pulp (optional, for tanginess)
* 2 tablespoons coriander leaves, chopped (for garnish)

**For Tempering (Tadka):**

* 1 tablespoon ghee or oil
* 1 teaspoon mustard seeds
* 1 teaspoon cumin seeds
* 1 dried red chili
* 1 sprig curry leaves
* ¼ teaspoon asafoetida (hing)

**Instructions:**

**Cook the Dal**

1. In a pressure cooker, add soaked toor dal, chopped tomatoes, onions, green chilies, garlic, turmeric powder, red chili powder, salt, and water.
2. Close the lid and cook for 3-4 whistles on medium heat.
3. Let the pressure release naturally, then open the lid and mash the dal slightly with a ladle.
4. If using tamarind pulp, mix it in and simmer for another 2 minutes.
5. Adjust salt and consistency as needed.

**Prepare the Tempering (Tadka)**

1. Heat ghee or oil in a small pan.
2. Add mustard seeds, and once they splutter, add cumin seeds, dried red chili, curry leaves, and asafoetida.
3. Sauté for a few seconds until fragrant.

**Combine & Serve**

1. Pour the tempering over the cooked dal and mix well.
2. Garnish with fresh coriander leaves.
3. Serve hot with steamed rice, ghee, and a side of pickle or papad.