

How to Prepare Daal Rice



Daal Rice is a staple dish in many households. It's simple, nutritious, and incredibly versatile. Here's how you can make it at home:

Ingredients:

- 1 cup daal (lentils)
- 1 cup rice
- 2 tablespoons oil
- 1 onion, chopped
- 2 tomatoes, chopped
- 1 teaspoon turmeric powder
- 1 teaspoon cumin seeds
- 1 teaspoon garam masala
- Salt to taste
- Water

Procedure:

1. Rinse the daal and rice separately under cold water until the water runs clear.
2. In a pot, heat the oil over medium heat. Add the cumin seeds and let them sizzle for a few seconds.
3. Add the chopped onion and sauté until golden brown.
4. Add the chopped tomatoes and cook until they are soft.
5. Add the turmeric powder, garam masala, and salt. Stir well.
6. Add the rinsed daal and rice to the pot. Mix everything together.
7. Add enough water to cover the daal and rice by about 2 inches.
8. Bring the mixture to a boil, then reduce the heat to low, cover, and simmer for about 20-25 minutes, or until the daal and rice are cooked through and tender.
9. Serve hot with your choice of sides or garnish with fresh herbs if desired.