

# Mixed Dal Soup

## Amati



- 1/2 cup dal (mung, toor, urid, chickpea, red lentils)
  - 1 ½ cups water
  - ½ tsp turmeric
  - 1 tsp oil
  - ½ tsp mustard seeds
  - ½ tsp cumin seeds
  - 5-6 curry leaves
  - ½ tsp ginger – grated
  - ½ tsp coriander powder
  - Pinch asafoetida
  - 1 tomato - chopped
  - Fresh grated coconut - optional
  - Salt and jaggery/brown sugar to taste
  - Fresh coriander
1. Place water and dal in a large pot or pressure cooker and add turmeric. Bring to the boil and cook until the dal is soft.
  2. In a separate pan heat the oil, add the mustard seeds, then cumin seeds, curry leaves, ginger, coriander powder and asafoetida. Add the tomato and fry for 5 minutes.
  3. Add the tomato mixture to the dal. Add coconut, salt and jaggery to taste.
  4. Garnish with fresh coriander and coconut.