Lunch, Indian

Yellow Moong Dal Vegetable Soup

A warm Indian-style soup of soft cooked yellow moong dal simmered with blanched mixed vegetables, garlic, ginger and a gentle chilli kick. A finish of dill leaves and lemon juice keeps every bowl fresh and bright.

35 min	102	14.2 g	1.6 g
time	calories	carbs	sugars

Dairy free | Freezer safe

Ingredients, 4 servings

- [ ] 1/4 cup yellow moong dal (split yellow gram) , washed and drained
- [ ] 2 tsp oil
- [ ] 1 tsp finely chopped garlic (lehsun)
- [ ] 1 tsp finely chopped ginger (adrak)
- [ ] 1/4 tsp green chilli paste
- [ ] 1/2 cup finely chopped onion
- [ ] 1 1/2 cups blanched chopped mixed vegetables
- [ ] salt (namak) and to taste
- [ ] 1 tbsp finely chopped dill leaves
- [ ] 2 tsp lemon juice

Method

- [ ] **1** Combine the washed and drained yellow moong dal with 1 1/2 cups of water in a pressure cooker and cook for 2 whistles.
- [ ] **2** Wait for the steam to release fully before opening the lid, then set the cooked dal aside.
- [ ] **3** Heat the oil in a deep pan, then add the finely chopped garlic, ginger, green chilli paste and onion, cooking on a medium flame for 2 minutes.
- [ ] **4** Stir in the blanched chopped mixed vegetables and saute them on a medium flame for 1 minute.
- [ ] **5** Tip the cooked yellow moong dal into the pan, season with salt to taste and pour in 1 1/2 cups of water.
- [ ] **6** Give everything a good mix and cook on a medium flame for 3 to 4 minutes.
- [ ] **7** Finish by stirring in the finely chopped dill leaves and the lemon juice, mixing well.
- [ ] **8** Serve the soup hot.

Nutrition Facts

Per serving

Calories	102
Total fat	2.8 g
Saturated fat	Not listed
Sodium	16 mg
Total carbs	14.2 g
Fiber	3.5 g
Total sugars	1.6 g
Protein	4.9 g

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