

Masoor Daal (Lentils)



INGREDIENTS

1. 1 cup lentils
2. 1 medium onion, sliced
3. 3 tablespoons oil
4. 1/2 teaspoon turmeric powder
5. Salt, to taste (approximately 1 tablespoon)
6. 1 green chili

Method:

1. Wash lentils, and boil in 2 1/2 cups of water. When cooked, mash the lentils.
2. In a wok, heat 3 tablespoons of oil. Roast cumin seeds until red. Add the sliced onions, and fry until golden brown. Pour the mashed lentils into the wok, and add turmeric powder, salt, and green chili.
3. Let the lentils simmer for at least 10 to 15 minutes.