



One Pot Soupy Chana Dal Meal Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- Cup Chana Dal
- Cups Water
- Tablespoons Oil
- 1/4 1/4 Teaspoon Hing (Asafoetida)
- Ginger (Cut Into Strips)
- Cloves Garlic (Chopped)
- Green Chillies (Chopped)
- Onion
- Tomato (Medium, Chopped)
- Carrot (cut into small cubes)
- Brinjal
- Potato (Cut Into Small Cubes)
- Teaspoon Red Chilli Powder
- 1/2 1/2 Teaspoon Turmeric Powder
- Teaspoon Coriander Powder
- Pinch Salt (To Taste)
- gms Spinach
- Tablespoons Kasuri Methi
- Tablespoons Dill Leaves
- Cups Pasta

Instruction

1. Prepare ingredients as mentioned in the list.
2. Wash and soak chana dal in water for 30 minutes. Heat oil in a pressure cooker, add asafetida, ginger, garlic and green chillies. Sauté for 2-3 minutes, add onion and sauté till golden brown. Add half the chopped tomatoes and let it cook till tomatoes soften.
3. Add carrot, brinjal and potato, mix well. Add chana dal, red chilli powder, turmeric powder, coriander powder and salt to taste. Mix well and add spinach leaves, then add fenugreek leaves and dill leaves (if using). Add 1 cup water and MAGGI Masala-ae-Magic, pressure cook for 3-4 whistles.
4. When done, allow to cool. Then open the cooker, mix well and lightly mash the dal and vegetables together. Add the remaining chopped tomatoes and cooked pasta and simmer for a few minutes.
5. Pour this hearty dal-pasta soup into individual bowls and serve piping hot.

Nutrition

Carbohydrates	58.48 g
Energy	338.42 kcal
Fats	6.99 g
Protein	11.69 g

53 Minutes

6 Servings