

# Masoor Daal – Red Lentil Soup

## Ingredients

2 tablespoon of oil  
1 ½ cup red lentils  
½ teaspoon mustard seeds  
1-2 green chillies finely chopped  
2 tomatoes finely chopped  
10 -12 curry leaves  
½ bunch Coriander  
salt  
1 stock cube chicken or beef  
½ teaspoon turmeric powder  
½ of 1 Fresh Lime (Juice)  
1 onion finely chopped  
2 gloves garlic finely chopped  
3 cups water

## Preparation

- Soak lentils in water for at least ½ hour then drain
- Heat oil in heavy saucepan
- Add mustard seed to oil, until seeds start to pop
- Add curry leaves whole
- Add onion, garlic and chillies, fry them until brown
- Add turmeric, tomatoes & stock cube, fry until tomatoes have softened
- Add drained lentils & water
- Add salt according to taste
- Stir and boil on medium heat for approx 10 – 15 min until cooked lentils will have softened and broken up
- Add lime juice heat for another 2-3 minutes
- Garnish with chopped coriander

Ready to be served with rice or bread

