

# Masur Dal (Red Lentils with Onion)

**Makes:** 6 Servings

## Ingredients

**1/2 cup** dried red lentils  
**1 teaspoon** vegetable oil  
**1/2 teaspoon** salt  
**1 1/2 cups** water  
**1/2 teaspoon** turmeric powder  
**1/2 teaspoon** cumin powder  
**1 teaspoon** sugar  
**5 teaspoons** vegetable oil  
**2** chili peppers  
**1/2** onion, large chopped

## Directions

1. Rinse the lentils in a strainer under running water two to three times.
2. In a bowl, combine the washed lentils, 1 teaspoon oil, and 1/2 teaspoon salt.
3. Boil lentils in 1 1/2 cups water until they turn yellow and soft. Add turmeric powder, cumin powder, and sugar to the boiled lentils and mix them well.
4. In a separate pan, add rest of the oil and allow it to heat.
5. Split the chili peppers in half and add to the heated oil.
6. Add onion to the oil and stir until it starts to turn light brown.
7. Add 2 Tablespoons boiled lentils (mixed with spices) into the fried onion and stir well for one minute. Add the rest of the boiled lentil mix and stir.
8. Add 1 cup of water and allow it to boil for two minutes. Serve over white rice.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	5 g	8%
Protein	5 g	
Carbohydrates	13 g	4%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	200 mg	8%

## Notes

This is a very common food item in Bengali as well as in Indian communities. Generally, lunch or dinner is started with this item followed by two to three main courses. On special occasions, or when preparing this for someone special, one may garnish it with coconut flakes or cilantro leaves.

North Dakota Food and Culture: A Taste of World Cuisine. North Dakota State University Extension Service. Recipe on p. 11.