



Chana Dal with Tomatoes and Cauliflower

Active Time: 15 minutes | **Total Time:** 1 hour | **Serves:** 2

Nutrition Information Per Serving

203.9 calories, 29.51 g carbohydrate, 8.5 g fiber, 21.01 g NET carbs, 7.21 g protein, 8.57 g fat

Ingredients

- 1/2 cup(s) Bob's Red Mill Chana Dal Beans
- 1/2 cup(s) chopped organic onion
- 2 cup(s) filtered or spring water
- 1/2 tsp(s) sea salt
- 1 16-oz can organic diced tomatoes
- 1 Tbsp organic ginger, minced
- 1 Tbsp organic garlic, minced
- 2 cup(s) organic cauliflower, chopped
- 1/2 tsp(s) freshly ground black pepper
- 1 Tbsp organic extra virgin olive oil
- 2 tsp(s) organic curry powder
- 1/4 tsp(s) cayenne pepper

Preparation

1. Combine the chana dal, water, onion and curry powder in a medium saucepan. Bring to a boil.
2. Reduce heat and simmer, covered, for about 45 minutes, until beans are soft.
3. Heat oil in a large skillet over medium heat. Add the garlic and ginger. Sauté 1 minute. Add the tomatoes and cauliflower and toss to coat.
4. Stir in the chana dal, salt and cayenne. Blend well.
5. Serve.

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