

Garlicky Lentil and Tomato Soup



Serves 6

Ingredients

- 1 1/2 TBSP finely Chopped Garlic (Lehsun)
- 1/2 Cup Masoor Dal (Split red Lentil) , washed and drained
- 3/4 cup Chopped Tomatoes
- 2 TSP Oil
- 1/2 Cup thinly Sliced Onions
- 1/2 TSP Chilli Powder
- Salt to taste
- 2 TSP Lemon Juice

Method

1. Heat the oil in a pressure cooker, add the garlic and sauté on a medium flame for a few seconds.

2. Add the onions and sauté on a medium flame for 1 to 2 minutes.
 3. Add the tomatoes and chilli powder, mix well and cook on a medium flame for 1 to 2 minutes, while stirring occasionally.
 4. Add the Masoor dal, salt and 2 cups of water, mix well and pressure cook for 3 whistles.
 5. Allow the steam to escape before opening the lid. Keep aside to cool.
 6. Once cooled, blend in a mixer to a smooth purée.
 7. Transfer the purée into a deep non-stick pan, add 2 cups of water, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
 8. Add the lemon juice and mix well.
 9. Serve Hot.
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Source: Tarla Dalal

URL: <https://www.tarladalal.com/Garlicky-Lentil-and-Tomato-Soup-32986r>

Video Demonstration: <https://www.youtube.com/watch?v=dOZLdeupaFY>
