**Lentil soup or mixed dal**

**Ingredients**

Red lentils split 1/3 cup

Yellow lentils (moong dal) ¼ cup

Split chickpeas (channa dal) ¼ cup

Water 4 cups (if using pressure cooker)

Oil or butter or ghee 2 tablespoon

Salt ½ teaspoon

Coriander powder ½ tablespoon (could use any other spice of choice)

Cumin seeds ½ tablespoon

Turmeric powder 1 teaspoon (optional)

Black pepper powder ½ teaspoon

Red chilli powder ½ teaspoon

Red or green chill pepper chopped 2 (optional)

Tomato diced or crushed 2

**Preparation:**

* Heat oil or butter or ghee in the pressure cooker or pot if you cooked the lentils in open pot.
* Add cumin seeds, once brown add onion and peppers.
* After onions are brown add tomato and cook for few minutes until soft
* Add spices and add water, let it boil
* Add lentils and cook in the pressure cooker until it whistles, leave on low heat for another 3-5 minutes and turn the heat off.
* In about 18 minutes when all the steam is gone, open the pressure cooker and serve with rice, or bread or flat bread or pita or any other starch or grain of your choice along with vegetables to complete the meal

PS: you can use any kind of lentil or bean and cook this way, if you do not have pressure cooker, cook in open pot until soft and add the seasonings after.