



## Chana dahl soup

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## Ingredients

- 1 Onion
- 3 tsp Pea flour
- 3 tsp BBQ spice
- 1 tsp mild yellow curry
- 1 tsp crushed Garlic
- ¾ tsp Ground Bayleafs
- 1 tsp Ground Coriander seeds
- ½ tsp Crushed dry red chilly
- 1 cup Chana Dahl
- 2 tsp Tomato paste
- Salt to taste

## Method

- Chop the onion and fry in a little oil together with Bayleafs, Coriander seeds and red chilly.
- Fry just until onions start to go see thru.
- Add the spices and the Pea flour and allow spices to change color.
- Add 9 cups water.
- Add the Garlic.
- Add the Chana Dahl.
- Simmer until Chana Dahl is soft roughly 45 minutes.
- Use a stick blender and blend until smooth.
- Add the Tomato paste and more water if needed.
- Bring back to boil stirring constantly.

Serve 4 portions.