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## Spinach With Lentils



## Ingredients

2 bundles of spinach  
1/4 cup lentils (yellow moong dal)  
2 big onions - chopped  
2 green chillies - slit  
3 tomatoes - chopped  
3 flakes garlic - crushed  
3 tbsp ghee  
Salt to taste

## Preparation

- 1 Pour some oil in a vessel. Drop in the crushed garlic and then the chillies and stir well.
- 2 Then fry the onions.
- 3 Next add the tomatoes and fry
- 4 Then add the spinach which has been cut and washed well thrice. Mix it well. Add salt to taste.
- 5 Now add the lentils - which have been soaked for awhile and washed thrice.
- 6 Mix the spinach and the lentils well and let it cook on medium gas till the lentils cook.
- 7 At this point, you may add a little water if necessary.
- 8 Now it's ready to eat with chapatis or bread.

## Cooks Note

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