

Huli/South Indian Dal with Vegetables

Yield: 5 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-vegetables-recipe>

Ingredients:

- 5 1/4 ounces gram dal arhar dal or toovar dal
- 1/4 teaspoon turmeric powder
- 1 teaspoon ghee or vegetable oil
- 2 1/8 cups water
- 1 9/16 cups vegetables approx 2 cups chopped, your choice
- 2 1/8 cups water
- 4 red chillies
- 1 tablespoon coriander seeds
- 1 teaspoon cumin seeds
- 1/2 teaspoon mustard seeds
- 1/4 teaspoon fenugreek seeds
- 1 teaspoon tamarind
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon asafetida (powder)
- 3 tablespoons coconut grated
- 1 teaspoon coconut oil
- 5 3/8 tablespoons water
- 2 teaspoons coconut oil
- 3/4 teaspoon mustard seeds
- 1 sprig curry leaves
- 1/2 teaspoon asafetida
- 3 teaspoons salt or to taste

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 9 grams
3. Fat: 5 grams

4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 1450 milligrams
8. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Huli/South Indian Dal with Vegetables above. You can see more 15 south indian vegetables recipe You must try them! to get more great cooking ideas.