

South Indian Beetroot Rasam

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/beetroot-cake-indian-recipe>

Ingredients:

- 500 grams beetroot
- 1 cup water
- 1 teaspoon ginger powder sukku
- 1 teaspoon cumin powder
- 1 teaspoon ground black pepper freshly, powder
- 1/2 teaspoon turmeric
- 1/2 tamarind a lime size
- 1 cup water
- 2 teaspoons vegetable oil
- 1/4 teaspoon black mustard seeds
- 1/4 teaspoon cumin seeds
- 3 cloves garlic crushed
- 2 red chillies dried, preferably gundu variety
- 1/2 red onion
- 1 teaspoon salt
- 3 green chillies
- 2 sprigs curry leaves
- 3 sprigs coriander leaves chopped

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 25 grams
3. Fat: 3.5 grams
4. Fiber: 7 grams
5. Protein: 5 grams
6. Sodium: 930 milligrams
7. Sugar: 15 grams

Thank you for visiting our website. Hope you enjoy South Indian Beetroot Rasam above. You can see more 16 beetroot cake indian recipe You won't believe the taste! to get more great cooking ideas.