

Tomato Rasam

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/cucumber-soup-indian-recipe>

Ingredients:

- 12 plum tomatoes ripe, about 1 pound
- 1/2 onion medium, coarsely chopped
- 1 tablespoon coconut oil unrefined, melted over low heat
- 1/4 cup sesame oil
- 2 teaspoons urad dal split
- 2 teaspoons brown mustard seeds whole
- 2 teaspoons cumin seeds whole
- 2 whole cayenne chiles dried, coarsely crushed
- 12 fresh curry leaves
- 3 tablespoons fresh ginger peeled and coarsely chopped
- 10 cloves garlic smashed
- 3 tablespoons whole black peppercorns smashed or coarsely ground
- 2 teaspoons kosher salt
- 1/4 teaspoon ground turmeric
- 1/2 teaspoon cumin seeds whole, toasted and ground
- 1/2 teaspoon fenugreek ground
- 1 teaspoon asafetida
- 1 cup cilantro leaves fresh, divided
- 3 cups water
- 1 tablespoon lemon juice freshly squeezed
- 1/2 teaspoon chaat masala
- 1/2 cup cucumber diced

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 18 grams
3. Fat: 18 grams
4. Fiber: 5 grams
5. Protein: 4 grams

6. SaturatedFat: 5 grams
 7. Sodium: 1230 milligrams
 8. Sugar: 7 grams
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