

Sambar- South Indian lentil and vegetable stew

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 teaspoon oil
- 2 tablespoons gram dal
- 3 tablespoons coriander seeds whole
- 1 teaspoon whole black pepper
- 12 whole red chillies dried
- 1/2 teaspoon fenugreek seeds
- 1/4 teaspoon cumin seeds
- 1 1/2 cups pigeon peas split yellow, otherwise known as toor dal
- 2 serrano peppers split in half
- 2 cloves garlic chopped
- 5 pearl onions I used frozen
- 5 tablespoons sambar masala
- 2 teaspoons salt or enough to flavor
- water
- 2 carrots peeled and chopped
- 3 moringa pods, otherwise known as drumsticks
- 1 cucumber peeled, seeded and chopped roughly
- 1 cup water enough to cook vegetables
- 1/2 teaspoon asafoetida
- 2 tablespoons tamarind paste I use Tamicon
- 2 teaspoons coconut oil
- 1 teaspoon mustard seeds
- 2 sprigs curry leaves
- 2 whole red chilies
- 2 sprigs chopped cilantro optional

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 71 grams
3. Fat: 5 grams
4. Fiber: 17 grams
5. Protein: 20 grams
6. SaturatedFat: 2 grams
7. Sodium: 1230 milligrams
8. Sugar: 11 grams

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