

# Tiffin Sambar / Idli Sambar / Payatham Paruppu Sambar

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/sambar-recipe-times-of-india>

## Ingredients:

- 1/3 cup moong dal
- tamarind
- lemon
- 1/2 onion Preferably Pearl Onions
- 1 carrot Chopped to small cubes
- 10 beans Finely Chopped
- 1 tomato Roughly Chopped
- 1 brinjal Chopped to small cubes
- 1 potato Cubed
- 2 green chili Slit
- 1 1/2 teaspoons salt As Needed
- 1 tablespoon sambar powder
- coriander leaves For Garnishing, optional
- 2 teaspoons oil
- 1 teaspoon mustard seeds
- 1 pinch asafoetida Asafetida / Hing
- 3 curry leaves
- 1/4 teaspoon fenugreek seeds