

South Indian Sambar

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1/2 cup toor dal yellow split pidgeon peas
- 1 tablespoon oil
- 1 teaspoon coriander
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon asafoetida
- 1/2 teaspoon turmeric
- 1/4 teaspoon red chili powder or paprika for mild version
- 1/4 teaspoon black pepper
- 1/8 teaspoon fenugreek ground
- 1 cup carrot chopped
- 1 cup daikon radish chopped, or red radish
- 1 cup green beans
- 1 cup shallot chopped large, or small onion
- 1 cup pumpkin chopped, or squash or zucchini
- 1/2 cup tomato chopped
- 3 cups water
- 3/4 teaspoon sea salt
- 1 tablespoon tamarind paste soaked in 1 cup of warm water for 5 minutes
- 1 tablespoon oil
- 1/2 teaspoon mustard seeds
- 15 curry leaves

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 33 grams
3. Fat: 8 grams
4. Fiber: 11 grams
5. Protein: 10 grams
6. SaturatedFat: 0.5 grams

7. Sodium: 490 milligrams

8. Sugar: 5 grams

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