

# Simple South Indian Tomato Sauce

Yield: 2 min  
Total Time: 37 min

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

## Ingredients:

- 2 pounds tomatoes ripe, roughly chopped
- 1 onion peeled and chopped
- 2 green chillies fresh hot, sliced crosswise into thin rounds
- 2 handfuls fresh cilantro chopped
- 1 teaspoon salt
- 1/2 teaspoon tamarind concentrate
- 1/2 teaspoon chilli powder
- 1/4 teaspoon ground turmeric
- 2 teaspoons vegetable oil the recipe in the book suggests olive/peanut oil
- 1/2 teaspoon urad dal
- 1/4 teaspoon mustard seeds whole
- 1/4 teaspoon cumin seeds whole
- 10 fresh curry leaves lightly crushed in your hand

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 29 grams
3. Fat: 5 grams
4. Fiber: 7 grams
5. Protein: 7 grams
6. Sodium: 1220 milligrams
7. Sugar: 18 grams

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