



Vegetable Sambhar Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- 1/3 1/3 Cups Arhar Dal
- 1/2 1/2 Teaspoon Turmeric Powder
- 1/2 1/2 Cups Water
- gms Tamarind, Pulp (Tamarindus Indica)
- 1/4 1/4 Teaspoon Hing (Asafoetida)
- Teaspoon Red Chilli Powder
- Green Chillies (Chopped)
- gms Shallots
- Tomato (Medium, Chopped)
- Drumstick
- gms Okra
- Tablespoons Oil
- Teaspoon Mustard Seeds
- Teaspoon Sabut Urad Dal
- Teaspoon Methi Seeds
- Dry Red Chillies
- Coriander Leaves (Chopped)
- Cloves Garlic (Chopped)
- Tablespoon Sambhar Masala Powder
- Pinch Salt (To Taste)
- Tablespoon Coriander Leaves (Chopped)

Instruction

1. Prepare ingredients as mentioned in the list.
2. Wash and cook the dal with 2 cups water and turmeric powder for one whistle. Keep aside.
3. Soak tamarind with 1 cup water, make a pulp and strain. To this add asafoetida, red chilli powder, green chillies, onion, tomatoes, drumsticks and ladyfinger. Mix well, add to the cooked dal and cook for 1 whistle.
4. Heat oil in a karahi, add the mustard seeds and when they splutter add, urad dal, fenugreek seeds, dry red chillies, crushed garlic and curry leaves. Saute for a minute, add sambhar powder, mix well.
5. Add 1 ½ cups of water and MAGGI Masala-ae-Magic bring to a boil and simmer for 2-3 minutes. Adjust salt to taste.
6. Garnish with chopped coriander leaves and serve hot with brown rice.

Nutrition

Carbohydrates	30.5 g
Energy	220.18 kcal
Fats	7.14 g
Protein	9.62 g

51 Minutes

5 Servings