DietCloud – Recipe

Recipe Name: Kavati recipe - Nepali Beans Soup (Recipe)

Diet Type:

Course: Dinner

Cuisine: Nepalese

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup rajma	4
• 1/2 cup green moong dal - poori	
• 1/4 cup black gram	
• 1/4 cup arhar dal	
• 1/2 cup dried peas	
• 1 teaspoon cumin seeds	
• 1 teaspoon mustard	
• 1 teaspoon Celery -	
• 1 teaspoon fennel	
• 1 teaspoon coriander powder -	
• 1 teaspoon cumin powder	
• 1 teaspoon red chilli	
• 3 tablespoons oil	
• salt - [as per taste	
• 1 cup tomatoes - finely chopped	
• 1/2 cup onion 6 cloves garlic	
• 1 inch ginger	

Preparation

• ????, ???, ??????, ???? ???? ?? 15 ???????? ?? ???? ??.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)