DietCloud – Recipe

Recipe Name: Avarekalu Usli (Broad Bean In Gravy) Recipe

Diet Type:

Course: Dinner

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Avarekai (Broad Beans) - fresh or frozen	4
• 1 Onion - finely chopped	
• 3 to 4 Green Chillies - finally chopped	
• 1 inch Ginger	
• 1 teaspoon Garlic - grated	
• Lemon juice - from 1 lemon	
• pinch Asafoetida (hing)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - as required	
• 1 teaspoon Mustard seeds	
• 1/2 teaspoon White Urad Dal (Split)	
• Curry leaves - few	

Preparation

• To begin making the Avarekaalu Usli, heat oil in a pressure cooker and add mustard seeds and urad dal.
• Once the mustard seeds splutter, add the curry leaves, green chillies, garlic, ginger and onions.

• After few minutes, add turmeric powder and salt.
• Finally, add the lime juice and cook for 2 whistles and garnish with coriander leaves.

Macronutrients

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