DietCloud – Recipe

Recipe Name: Tomato Onion Vegetable Recipe - Tomato Onion Vegetable

Diet Type: Vegetarian

Course: Side Dish

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 4 Tomatoes - quartered	4
• 1 Onion - thinly sliced	
• 2 Green Chillies - slit	
• 4 cloves Garlic	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• Salt - to taste	
• 1/2 teaspoon Mustard seeds	
• 1 sprig Curry leaves	
• 1/2 teaspoon Mustard oil	
• 1 Bay leaves (tej patta) - torn into half	
• 2 Cloves (Laung)	
• 1 inch Cinnamon stick	

Preparation

• To begin making the Tamatar Pyaz Ki Sabzi, first prep all the ingredients and keep them ready.

• Once it crackles, add the curry leaves, bay leaves, cloves, cinnamon stick and saute for a few seconds.
• Add the onion, green chillies and garlic.

• Once soft, add the tomatoes, turmeric powder, red chilli powder and salt to taste.
• Add just a little water - about 2 to 3 tablespoons and cover the pressure cooker.
• Cook for 2 whistles and turn off the heat.

DietCloud – Recipe

Macronutrients

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