DietCloud – Recipe

Recipe Name: Tattha Poyaru Sambar Recipe - Black Eyed Beans Sambar

Diet Type: Vegetarian

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Black Eyed Beans (Lobia) • 1/4 cup Arhar dal (Split Toor Dal) • 1 Onion - finely chopped • 1 Tomato - finely chopped • 2 teaspoon Sambar Powder • 1 teaspoon Red Chilli powder • 1/4 teaspoon Turmeric powder (Haldi) - + 1/4 teaspoon • 1 teaspoon Salt • 2 cloves Garlic • 1/4 cup Coriander (Dhania) Leaves - finely chopped • 2 tablespoons Sunflower Oil • 1/8 teaspoon Asafoetida (hing) • 2 Dry Red Chilli • 1/2 teaspoon Methi Seeds (Fenugreek Seeds) • 1 teaspoon Mustard seeds • 1 teaspoon White Urad Dal (Split)	4

Preparation

• To begin making the Thatta Payaru Sambar recipe, wash the toor dal with water twice and drain the excess water from the dal.
• Add 1/4 teaspoon of turmeric to the toor dal and cook the dal in pressure cooker for three whistles.

• In a large pot, add about 3 cups of water and bring it to boil over high heat.

• Cook the beans with lid uncovered until the beans become soft and tender.

• Heat a medium sized pan on the stove over medium heat.

• Once the oil is hot, add the ingredients mentioned under tempering which includes asafoetida, dry red chilli, fenugreek seeds, mustard seeds and white urad dal.
• Fry them for few seconds, till the mustard seeds splutter and urad dal turns golden.
• Add chopped onions, tomatoes and saute till the onions are soft and translucent.

• Stir well.
• To the spice blend, add cooked dal and 2 cups of water.
• Bring the mixture in the pan to boil.
• Once the mixture starts boiling, add cooked beans and combine them well.
• Cook until the raw smell of spice powders goes off.
• At the end, add minced garlic and give them a stir.
• Simmer the curry for 2 to 3 minutes.
• Switch off the stove and add freshly chopped coriander leaves to Sambar.
• Leave it undisturbed till serving time.

• Add a spoon of ghee to the sambar rice to make it more delicious.

Macronutrients

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