DietCloud – Recipe

Recipe Name: Beetroot Poriyal (Recipe In Hindi)

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 beetroot - cut into small pieces	4
• 1/2 teaspoon mustard	
• 1/2 teaspoon cumin seeds	
• 1 teaspoon white urad dal	
• 4 curry leaves - break	
• 1/4 teaspoon asafoetida	
• 1/4 teaspoon turmeric powder	
• 1 tablespoon coconut - Tighten	
• Oil - As per use	
• Salt - As per taste	
• 1/2 cup small onion - finely chopped	
• 2 green chillies - finely chopped	

Preparation

• To make the beetroot poriel, first steam the beetroot.
• In a pressure cooker, add beetroot, salt and 2 tablespoons of water.
• Cover the cooker and cook till it comes to 2 cities.
• After coming to the city, keep the cooker under water and remove the pressure.
• Keep it aside.
• Now heat the takal in a pan, add mustard seeds, cumin seeds, urad dal and curry leaves.
• Cook until lentils turn golden.
• Now add onions, green chilies and cook it.
• After 3 to 4 minutes add asafoetida, turmeric powder, beetroot, salt and cook for 2 minutes.
• After cooking, turn off the gas and garnish with coconut.
• Serve the beetroot poriyal with kirai sambar and rice for dinner.

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Macronutrients

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