DietCloud – Recipe

Recipe Name: Tomato Onion Chutney Recipe - Tomato Onion Chutney Recipe

Diet Type:

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 4 tomatoes - chopped	4
• 1/2 cup small onions	
• 1 green chili	
• 1/4 tsp asafoetida - optional	
• 1/4 tsp turmeric powder	
• 1 tbsp sesame oil - or any oil	
• salt - as per taste	
• 1 tsp sesame oil	
• 1/2 tsp rye - or any oil	
• 1 tsp white urad dal	
• 4 curry leaves	

Preparation

• To make tomato onion chutney, first heat oil in a pan.

• Add onions and cook till they become soft.

• After the onion becomes soft, add tomatoes, green chillies, salt, asafoetida, turmeric powder and cook till the tomatoes become soft.

• Turn off the gas and allow this mixture to cool.

• After cooling, pour it into the mixer grinder and grind it.

• Now heat the oil in a tempering pan for tempering.

• Add the mustard seeds, urad dal, curry leaves and cook for 20 seconds.

• Now add it to the tadka chutney and mix.

• Serve tomato onion chutney with ghee roast dosa and filter coffee for breakfast.

Macronutrients

DietCloud – Recipe

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