DietCloud – Recipe

Recipe Name: Karnataka Style Avarekalu Huli Saru Recipe (Field Beans in a Coconut based Gravy Recipe)

Diet Type:

Course: Lunch

Cuisine: Karnataka

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Avarekalu / Lilva Beans - Field beans	4
• 1 Potato (Aloo) - diced	
• 1 Brinjal (Baingan / Eggplant) - diced	
• 15 cloves Garlic - crushed	
• 1 Pearl onions (Sambar Onions) - finely chopped	
• 1 Tomato - chopped	
• Salt - to taste	
• 18 grams Tamarind	
• 1/2 cup Fresh coconut	
• 1 tablespoon Red Chilli powder	
• 2 teaspoon Coriander (Dhania) Leaves	
• 1/8 teaspoon Turmeric powder (Haldi)	
• 1 sprig Coriander (Dhania) Leaves	
• 1/2 teaspoon Mustard seeds	
• 1/4 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon White Urad Dal (Split)	
• 2 sprig Curry leaves	
• Sunflower Oil - sauteing	

Preparation

• We begin making the Karnataka Style Avarekalu Huli Saru Recipe (Field Beans in a Coconut based Gravy Recipe) by soaking the averekallu in water for half an hour and remove the skin.

• In the same pressure cooker, add some oil and saute the garlic, onion and tomato for few mintues till it becomes mushy and the raw smell goes away.

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Macronutrients

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