

Recipe Name: Beetroot Sambar Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: South Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 chakundar - peel and chop	3
• 1 cup arhar dal	
• 1-1 / 2 cup tamarind water	
• 1 tablespoon sambar powder	
• 1 teaspoon mustard	
• asafoetida - a pinch	
• 5 curry leaves - chopped	
• 1 dry red chili	
• 1 teaspoon sesame oil	
• 4 sprig coriander - chopped (for garnish)	
• salt - as per taste	

Preparation

- To make Chakundar Sambar, firstly, put the tur dal in the cooker with 2 cups of water and cook it till 3 cities come.
- If you find the lentils thick, add a little more water to it and mix well.
- Now in a pressure cooker, add tamarind water, salt and sambar.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	35	10	5	10