

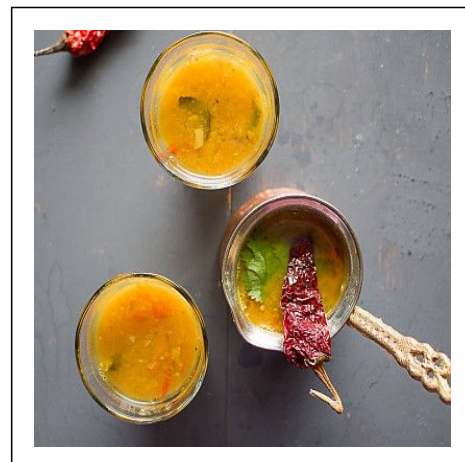
Recipe Name: Togari Bell Thove Recipe - Tour Dal Juice

Diet Type: Vegetarian

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Arhar dal (Split Toor Dal)	4
• 5 cups Water	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Ginger - finely grated	
• 5 Green Chillies - slit (adjust)	
• 30 grams Tamarind	
• 1/2 Lemon juice	
• 1 tablespoon Ghee	
• 1/2 teaspoon Mustard seeds	
• 1/4 teaspoon Asafoetida (hing)	
• Curry leaves - Handful	
• Coriander (Dhania) Leaves - Handful	

Preparation

- To begin making the Togari Bele Tovve recipe, soak dal in water for about 30 minutes.
- Wash the dals thoroughly with water.
- In a pressure cooker, add soaked dal, 1/2 teaspoon turmeric powder, 2 cups of water and pressure cook for 3 whistles.
- Turn off the fl.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	22	60	10	8	10