

Recipe Name: Tulsi and Betel Leaves Rasam Recipe -
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Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 4 sprig Tulsi (holy basil) • 2 Betel leaves (paan) • 6 cloves Garlic • 1/2 teaspoon Ajwain (Carom seeds) • 1/3 teaspoon Black pepper powder • 1/2 teaspoon Cumin seeds (Jeera) • 25 grams Tamarind • 1 Tomato • Curry leaves - Few • 1 tablespoon Ginger - finely chopped • 1/2 teaspoon Asafoetida (hing) • Salt - as needed • 1/3 teaspoon Turmeric powder (Haldi) • Water - as required • 1/2 tablespoon Rasam Powder • Coriander (Dhania) Leaves - Few • 1 teaspoon Ghee • 1/2 teaspoon Mustard seeds • 1 Dry Red Chilli	4

Preparation

- To make rasam recipe of basil and betel leaves, first of all clean the pan leaves and break them into 2 parts.
- Take out the stem of the middle.
- Remove the basil leaves from the stem and wash them well.
- Add the betel leaves, basil, garlic, black pepper, cu.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	2	4	6

