



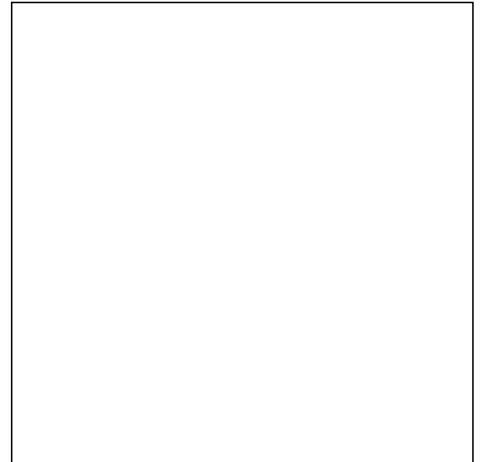
Recipe Name: Spicy Tomato Rice (Recipe)

Diet Type:

Course: Main Course

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2-1 / 2 cups rice - cooked	3
• 3 tomatoes	
• 3 teaspoons BC Belle Bhat powder	
• salt - as per taste	
• 1 teaspoon chickpea lentils	
• 1/2 teaspoon cumin seeds	
• 1 teaspoon white urad dal	
• 1/2 Teaspoon mustard	
• 1 green chilli	
• 1 dry red chilli	
• 2 teaspoon cashew - or peanuts	
• 1-1 / 2 tablespoon oil - 1/2 teaspoon asafoetida	

Preparation

- To make tomato puliogere, first cut the tomatoes.
- Now put in a mixer grinder and puree it.
- Now heat oil in a pan.
- After the oil is hot, add chana dal, urad dal, cashew and let it cook for 10 to 20 seconds.
- After 10 to 20 seconds, add cumin seeds, mustard.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	12	4	6