DietCloud – Recipe

Recipe Name: Vepampoo Kara Colomb Recipe - Vepampoo Kara Kuzhambu Recipe

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 12 small onions	4
• 4 to 5 cloves garlic - finely chopped	
• 1/4 teaspoon turmeric powder	
• 3/4 tablespoon sambar powder	
• 1 teaspoon coriander powder	
• tamarind - lemon	
• as much as water - salt	
• as per taste	
• 3 teaspoons Sesame oil	
• 1/4 teaspoon asafoetida	
• 1/3 teaspoon rye	
• 1/2 teaspoon fenugreek seeds	
• 1/4 teaspoon chickpea lentils	
• 2 dried red chillies	
• 1 teaspoon sesame oil	
• 1 tablespoon neem leaves - dried	

Preparation

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Macronutrients

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