DietCloud – Recipe

Recipe Name: Bell Pepper Sabji Recipe-No Onion No Garlic

Diet Type:

Course: Lunch

Cuisine: Maharashtrian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 Yellow Bell Pepper (Capsicum) - diced • 1 Red Bell pepper (Capsicum) - diced • 1 tablespoon Groundnut powder • 2 teaspoons Sesame powder • 1/2 teaspoon Maharashtrian Goda Masala - optional • 1/2 teaspoon Red Chilli powder • 1/4 Turmeric powder (Haldi) • 1/4 teaspoon Asafoetida (hing) • 1 teaspoon Tamarind Paste • 1-1/2 teaspoon Jaggery - grated • 2 teaspoons Sunflower Oil • 1/2 teaspoon Mustard seeds • 1/2 teaspoon Cumin seeds (Jeera) • Coriander (Dhania) Leaves - as required for garnishing	4

Preparation

• To begin making the Bell Pepper Sabji Recipe, keep all the ingredients prepped and ready.

• First heat oil in a kadhai/wok.

• Add the mustard seeds and once they splutter add the cumin seeds.

• Add in the colored bell peppers and saute till it softens.

• Add salt and cook covered for 1 to 2 minutes.

• Add the tamarind paste, jaggery, groundnut powder, sesame powder and a little water (about 3-4 tablespoon).

• Cook uncovered for 1 to 2 minutes more, stir once or twice.

• Garnish with coriander leaves and serve immediately.

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Macronutrients

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