



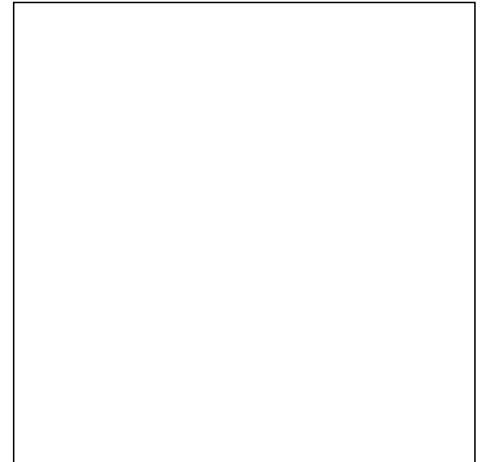
Recipe Name: Andhra Steel Ingavu Charu Recipe -
Asfoetida Flavored Tamarand Rasam

Diet Type:

Course: Lunch

Cuisine: Andhra

Quantity:



Ingredients

Ingredient	Quantity
• 2 cup Tamarind Water	4
• 1/2 cup Arhar dal (Split Toor Dal)	
• 1 teaspoon Asafoetida (hing)	
• Salt - to taste	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Methi Seeds (Fenugreek Seeds)	
• 1 sprig Curry leaves	
• 1 pinch Asafoetida (hing)	
• Sunflower Oil - for cooking	

Preparation

- To begin making the Andhra Style Ingavu Charu Recipe pressure cook the tamarind water with toor dal, hing and salt for about 4 whistles.
- Turn off the flame and allow the pressure to release naturally.
- Open the lid of the cooker and thoroughly mash the da.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	2	2	10