

# Sambhar

## INGREDIENTS

1 cup Arhar/Toor Dal

1/3 cup crushed tomatoes

1/2 tsp turmeric

1/2 tsp salt

3 cups water

2 tbsp ghee/oil

1 small chopped onion

1 small ghiya chopped

1/2 cup chopped carrots

4-5 green chilies

2-3 dry red chilies

1 1/2 tsp mustard seeds/rai

1 1/2 tsp Urad Dal

1/2 tsp cumin seeds/jeera

12-15 curry leaves

3 tsp gf sambhar powder (make sure there is no heeng/asafetida in it)

1 tsp coriander powder

1 tbsp sugar

1 tsp minced ginger

Juice of lemon or tamarind paste

## METHOD

1. Take the dal, tomatoes, haldi, salt and water in a pressure cooker and cook until 8-10 whistles.
  2. In a pan, heat the ghee. Add mustard seeds, cumin and urad dal.
  3. When the mustard seeds crackle and the urad dal starts turning golden, add green and red chilies, curry leaves and stir.
  4. Add the chopped onions and let it turn pink.
  5. Add the remaining vegetable and sambhar powder. Stir well.
  6. Add the dal mixture to this and give at least one whistle in the pressure cooker.
  7. Add sugar, lemon juice and minced ginger.
  8. Serve hot with dosas.
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