

Mixed Vegetable & Lentil Curry

Sambhar

This vegetable dish usually accompanies idli or dosa. This is a famous South Indian dish.



- ¼ cup toor or mung dal
 - ½ cup vegetables – sliced (carrots, potato, cauliflower, drumstick, etc.)
 - 1 cup water
 - 2 tsp oil
 - ½ tsp cumin seeds
 - ½ tsp grated ginger
 - 5-6 curry leaves
 - 2 tomatoes - chopped
 - Lemon or tamarind to taste (or ½ - 1tsp tamarind paste)
 - Jaggery to taste
 - ½ salt or to taste
 - Sambhar masala (see Masala section, use one load)
 - Coriander leaves
 - Fresh or dried coconut
1. Boil together toor dal and vegetables in a pressure cooker 15-20 minutes (1 whistle) or in a pot.
 2. In a separate pan heat oil and add cumin seeds, ginger and curry leaves. Add tomatoes and cook 3-4 minutes.
 3. Add sambhar masala mixture and vegetable dal mixture.
 4. Boil together for a minute and then add tamarind or lemon, jaggery and salt. Boil for 2-3 more minutes. Garnish with coconut and coriander

*Can add chilli if desired.