

Beetroot & Tomato Salad

Beet Tomato Koshimbir

This is one of the most popular salads in the ashram.



- 1/2 cup fresh tomatoes – chopped
- 1/2 cup cooked beetroot – chopped
- 1 tsp vegetable oil
- 1/4 tsp mustard seeds
- 1/4 tsp cumin seeds
- Pinch turmeric
- 2 pinch asafoetida
- 4-5 curry leaves
- Salt to taste
- Sugar to taste
- 2 tsp peanut powder
- Fresh chopped coriander leaves

1. Heat oil then add mustard seeds.
2. When they pop add the cumin, then the turmeric, curry leaves and asafoetida.
3. Add spice mixture to beetroot and tomato along with the peanut powder plus salt, sugar and coriander leaves to taste.