Snack, Indian

Hearty Black Pea and Vegetable Sambar

Black peas and a medley of vegetables simmer in a tangy tamarind and spice broth for this hearty South Indian sambar. Serve it hot with steamed rice or idlis.



Low fat

50 min	40	4.8 g	2.3 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1/4 cup soaked kala vatana (dried black peas)
- [ ] coconut oil
- [ ] 1 tsp mustard seeds (rai / sarson)
- [ ] 10 to 12 curry leaves (kadi patta)
- [ ] chopped onion
- [ ] 1/2 cup chopped tomato
- [ ] 1/4 cup chopped drumstick (saijan ki phalli / saragavo)
- [ ] 1/4 cup red pumpkin (bhopla / kaddu) cubes
- [ ] 1/4 cup bottle gourd (doodhi / lauki) cubes
- [ ] 2 tsp tamarind (imli) pulp
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 1 tsp red chilli powder
- [ ] 1/2 tbsp sambar powder
- [ ] salt (namak) as advised by doctor / dietitian

Nutrition Facts

Per serving

Calories	40
Total fat	1.8 g
Saturated fat	Not listed
Sodium	3 mg
Total carbs	4.8 g
Fiber	1 g
Total sugars	2.3 g
Protein	1.2 g

Method

- [ ] 1 Tip the soaked kala vatana into a pressure cooker together with 1 cup of water and pressure cook for 5 to 6 whistles.
- [ ] 2 Once the steam has escaped, open the lid, mash the kala vatana well with a potato masher and keep it aside.
- [ ] 3 In a deep pan, warm the coconut oil, then drop in the mustard seeds, curry leaves and chopped onion and saute for 2 minutes.
- [ ] 4 Add the chopped tomato, drumstick, red pumpkin cubes and bottle gourd cubes and mix well.
- [ ] 5 Pour in 1 cup of water, cover the pan and let everything cook on a medium flame for 10 to 12 minutes.
- [ ] 6 When the vegetables are half cooked, stir in the tamarind pulp, haldi powder, red chilli powder, sambar powder and the salt (namak) as advised by doctor / dietitian, mixing well.
- [ ] 7 Now add the mashed kala vatana mixture along with 2 cups of water and cook on a medium flame for 5 minutes, stirring now and then.
- [ ] 8 Serve the kala vatana sambar hot.

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