



Tomato Sambhar

Instructions

1. Boil all the ingredients in a pressure cooker, Instapot or Pot on stove until Toor Daal looks cooked.
2. Mash up with a ladle or a potato masher.
3. In a small pan, add oil and all the ingredients for tempering until the mustard seeds start to sputter.
4. Add the mixture to the tomato sambhar.
5. Add chopped cilantro leaves.

Ingredients

- ½ cup Toor daal
- 2 Tbsp Moong daal
- 1 cup tomato, chopped
- 1 red onion chopped
- 2 cloves garlic
- 1 green pepper, optional
- ¼ tsp tumeric
- ½ tsp paprika powder
- ½ tsp coriander powder
- 1.5 Tbsp sambhar powder (Available in South Asian Stores)
- 1/8 tsp or a couple of pinches asafoedita powder
- Salt to taste
- 2 cups water or vegetable broth

For Tempering:

- ½ tsp avocado oil
- ¼ tsp cumin seeds
- ½ tsp urad daal
- ½ tsp mustard Seeds
- 5-10 curry leaves
- 1-2 red chilis, optional

Decoration:

- ½ cup chopped cilantro