Pumpkin Sambhar

Source: Vaishali Honawar of HolyCowVegan.net

This sweet-and-sour soup can also be made with pureed winter squash, yams, or sweet potatoes in place of the pumpkin.

About the Recipe

68 Calories · 3 g Protein · 3 g Fiber
Lunch

Ingredients

Makes 4 Servings

- 3/4 c (154 g) tuvar dal
- 1/2 tsp (2.5 mL) turmeric
- 1 sprig curry leaves
- 1/2 tsp (2.5 mL) cumin seeds
- 1/2 tsp (2.5 mL) mustard seeds
- 2 c (170 g) or 1 red pumpkin, peeled and cut in a 1/2-inch (1.3-cm) dice
- 1 tsp (15 mL) tamarind extract, or a 1-inch (2.5-cm) ball of tamarind, soaked in water, then juices extracted by crushing with fingers
- 1 pinch asafoetida
- 1 tbsp (15 mL) jaggery
- 1 tbsp (15 mL) coriander seeds
- 1 tbsp (15 mL) chana dal or bengal gram dal
- 1 tsp (5 mL) udad dal or black gram dal
- 3 dried red chilies
- 1 tbsp (15 mL) grated coconut
- 1 tsp (5 mL) fenugreek seeds

Directions

1. Cook tuvar dal (also known as pigeon peas) in a pressure cooker with turmeric (or in a microwave) with 3 c (700 mL) of water.
2. Microwave the pumpkin with 1/2 c (120 mL) of water for about 7-8 minutes until tender. Or place the pumpkin in a saucepan with 1/2 c (120 mL) of water, bring to a boil, reduce the heat to a simmer, cover with a lid, then cook for 10 minutes or until the pumpkin is very tender.
3. Stir-fry the coriander seeds, chana dal (or bengal gram dal), udad dal (or black gram dal), red chilies, 1/8 tsp (0.6 mL) asafoetida, and fenugreek seeds in 2 tbsp (30 mL) water (or low-sodium vegetable broth) until they are toasted and lightly golden. Transfer to a blender.
4. In the same pan, sauté the coconut until it just begins to brown. Add to the blender.
5. Grind the masala with just enough water to make a fairly smooth paste.
6. Heat 2 tbsp (30 mL) water (or low-sodium vegetable broth) in a large saucepan.
7. Add the cumin, mustard seeds, and 1/8 tsp (0.6 mL) asafoetida. When the seeds sputter, add curry leaves and then tamarind extract plus 1 c (240 mL) water.
8. Let the water come to a boil, then add the ground masala.
9. Bring to a boil, turn down the heat and let it simmer for a couple of minutes.
10. Add the cooked pumpkin pieces and stir in.
11. Add the cooked tuvar dal and salt to taste.
12. Bring it to a boil and simmer for about 5 minutes.
13. Add jaggery and stir in. If the sambhar is too thick, add some water.
14. Serve hot with brown basmati rice.
15. Notes: You can make your own tamarind extract by taking a 1-inch (2.5-cm) ball of tamarind, soaked in water, then extracting the juices by crushing it with your fingers.

Nutrition Facts

Per serving (1/4 of recipe):

Calories: 68

Fat: 0.3 g

Saturated Fat: 0 g

Calories From Fat: 4%

Cholesterol: 0 mg

Protein: 3 g

Carbohydrate: 14 g

Sugar: 5 g

Fiber: 3 g

Sodium: 4 mg

Calcium: 31 mg

Iron: 1 mg

Vitamin C: 3 mg

Beta-Carotene: 1,180 mcg

Vitamin E: 0.5 mg

Potassium: 274 mg