Pumpkin Sambhar

Source: Vaishali Honawar of holycowvegan.net

This sweet and sour soup can also be made with puréed 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

- tuvar dal (3/4 cup)
- turmeric (1/2 tsp.)
- curry leaves (1 sprig)
- cumin seeds (1/2 tsp.)
- mustard seeds (1/2 tsp.)
- red pumpkin, peeled and cut in a 1/2-inch dice (2 cups)
- tamarind extract, or a 1-inch ball of tamarind, soaked in water, then juices extracted by crushing with fingers (1 tsp.)
- asafoetida (1 pinch)
- jaggery (1 tbsp.)
- vegetable broth or water (1/4 cup)
- coriander seeds (1 tbsp.)
- chana dal or bengal gram dal (1 tbsp.)
- udad dal or black gram dal (1 tsp.)
- dried red chilies (3)
- grated coconut (1 tbsp.)
- asafoetida (generous pinch)
- fenugreek seeds (1 tsp.)
Directions

1. Cook tuvar dal in a pressure cooker with the turmeric (or in a microwave) with 3 cups of water.
2. Microwave the pumpkin with 1/2 cup (250 milliliters) of water for about 7-8 minutes until tender. Or place the pumpkin in a saucepan with 1/2 cup 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, udad dal, red chilies, asafoetida, and fenugreek seeds in water or 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 water or vegetable broth in a large saucepan.
7. Add the cumin, mustard seeds, and asafoetida. When the seeds sputter, add curry leaves and then tamarind extract plus 1 cup (250 milliliters) 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.

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
Carbohydrates: 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