

## South Indian Sambhar Recipe

8 cups water  
1.5 cups dahl (split mung or red lentil)  
1 yam or small squash peeled and chopped  
1 large carrot  
2 tsp ghee  
2 tsp mustard seeds  
2 tsp good quality salt  
15 fresh curry leaves (if available)  
1 tsp fenugreek seeds  
(if available)  
1 T santosha massala (or mixture of fresh ground cumin, coriander, and turmeric at 3:2:1 ratio)  
2 T tamarind pulp (if available) or soaked and pureed tamarind fruit (can be purchased dried)  
Cilantro to garnish

In a pressure cooker, crockpot or instant: add water and dahl and cook until creamy  
in Saute pan, melt ghee, pop mustard seeds in ghee, add other spices and toast until fragrant, add vegetables and sauté for a few minutes until ingredients are well mixed.  
Add veggie sauce to the cooked dahl and simmer until flavors integrate.

Garnish with cilantro and fresh lime

This soup goes really well with Idly or dosas or any fresh cooked grain