

Beetroot Sambar | Sambar Recipe



Beetroot Sambhar is a lentil based stew which is so close to my family especially my brother who love this dish a lot. This is my mom's recipe, during my college days whenever I take this for my lunch, all my friends grab my lunch box and they love to eat this sambhar. This is a nice transition to a regular sambhar. I love the combination of beetroot sambhar with ghee and [colocasia fry](#), which is totally out of the world. Give it try, you will love this..

Ingredients

- 1 Large Beetroot (Diced)
- 1/4 Cup + 2 Tbsp of Toor dal
- 1 Chopped Onion (Large)

1 Chopped Tomato (Large)
2 Green Chillies
1/2 Tsp of Cumin (Optional)
1/2 Tsp of Turmeric Powder
2 Tbsp of Sambhar Powder
Pinch of Hing/Asafoetida
Few Sprig of Cilantro
Lemon Size tamarind
Salt to taste

To Temper

1 and 1/2 Tbsp of Oil
1 Red Chilly (Optional)
1 Tsp of Mustard
1 Tsp of Urad dal
Few Curry Leaves
Pinch of Hing
1/4 Tsp of Fenugreek

To Garnish

Few Sprig of Cilantro
2 Tbsp of Chopped Tomato

Method

- **Soak toor dal for 1/2 hr, wash in cold water and drain it.**
- **Wash and soak the tamarind in warm water for 15 mins. Extract juice from tamarind and keep it aside.**
- **In a pressure cooker, add toor dal, cumin, turmeric powder, hing, 2 drops of oil, salt and water. Cook for 3- 4 whistles. Turn off the stove.**



- Heat a pan with 1/2 cup of water, boil beetroot for 5-7 mins until it turns soft.



- In a heavy bottomed pan, heat oil, to that add red chilly, let it turn to dark brown color, add mustard, urad dal, fenugreek, hing and curry leaves, let it crackles.
- Add chopped onion and salt, fry until it turns golden brown color.
- Add sambhar powder, fry for a min. (Note : Don't burn

the sambhar powder)



- Add tomato, green chilli and little water, fry for 1-2 mins. Add boiled beetroot, saute well for a min.
- Add cooked toor dal, coriander stems and tamarind water, let it boil for 5 – 7 mins. Check the salt.
- Finally garnish it with cilantro and fresh chopped tomatoes and ghee (opt). Mix well.
- Yummy Beetroot sambhar is ready to serve.

Tips

- Sambhar goes well with [potato fry](#) or [colocasia fry](#) or any vegetable fry.
- You can use 2 Tsp of coriander powder, 1 tsp of red chilli powder and 1/2 tsp of turmeric powder instead of 1 tbsp of sambhar powder.

Beetroot Sambhar



Health Benefits of Beetroot

- Betacyanin, is the pigment which gives beets red color, this pigment is responsible to fight against cancer.
- Rich in vitamins, minerals, anti-oxidants and folic acid.
- They are zero trans-fat and zero-saturated fat.