

Green Onion Sambar / Vengayathal Sambar

Pinit



Sambar is a lentil based dish popular in South India made of toor dal. Each state in South India prepares it with a typical variation, adapted to its taste and environment. Basically toor dal are cooked in pressure cooker along with turmeric powder, salt and water. After that vegetables, sambar powder, tamarind are cooked, lentils are added, allowed it to boil for sometime. Then cooked sambar are tempered with curry leaves, mustard and urad dal , finally garnish it with coriander leaves. Fresh curry or coriander leaves may be added at the very end to enhance the flavor.

This is a basic sambar recipe. You can use any

vegetables to this sambar like carrot, brinjal, drumstick, radish, okra, mango or potato. Coming to this sambar recipe, addition of green onions or scallion are so flavorful and aromatic. Spring onion is a nutritious plant, and therefore it provides a host of health benefits to us. It is a rich source of vitamins and minerals which aids in curing the various ailments. Try this flavorful and nutritive sambar for rice or idly or dosa.

Ingredients

Pressure Cook

1/2 Cup of Toor Dal
1/4 Tsp of Turmeric Powder
1 Tsp of Oil
1/2 Tsp of Salt
Pinch of asafoetida
2 Cups of Water

To Temper

3 Tsp of Oil
1 Red Chilly (Big)
1/2 Tsp of Fenugreek
1 Tsp of Mustard
1 Tsp of Urad Dal
Few Curry Leaves
Pinch of Asafoetida

To Saute

1 Bunch [6] of Green (Spring) Onion
3 Small Onion (Shallots)
1/4 Cup of Sliced Red Onion
1 Large Tomato

2 Green Chillies
2 Tsp of [Sambar Powder](#)

Other Ingredients

Gooseberry size of Tamarind
Handful of Coriander Leaves or Cilantro
Water as needed
Salt to taste

Method

- Wash and peel it, chop the small onions and spring onions tomato into small pieces, slit the green chilly lengthwise, and finely chop the coriander leaves.
- Soak the toor dal for 30 mins and wash it cold tap water.
- Soak tamarind in hot water, roughly 1 cup and squeeze out the juice. Keep this aside.

To Pressure Cook

- Pressure cook the dal by adding 2 Cups of water, salt, turmeric, oil and asafoetida for 5 whistles. Turn off the stove. Keep this aside.

Tempering and Sauteing

- Heat oil in a heavy bottomed pan, add all the ingredients under " To Temper "list, one by one. After mustard seeds crackles and urad dal changes color, add small onions, green onion both white and green part, sliced red onion and salt, saute this for 2 – 3 mins until it changes golden brown color.
- Add green chillies and tomato, fry this for 1 min.
- Add [sambar powder](#), saute this for a min.

- Add tamarind juice and mix well. In a medium high flame, bring it to boil for 3 mins until raw smell of tamarind and sambar powder goes.
- Add the cooked dal, bring it to boil, add chopped coriander and cover the pan with a lid and simmer it for 5 mins.
- Finally add chopped coriander leaves and curry leaves and turn off the flame.
- Serve it with hot rice or any side dish of your choice.



Tips

- **Serve it with idly or dosa or rice.**
- **You can add any vegetable to this sambar to enhance the nutrition.**
- **Adjust the spicy taste according to your taste buds by increasing the amount of sambar powder or green chilly.**
- **You can add tempering either way that is before sauteing the veggies like I did or at the end.**
- **If you use ghee, sambar would be more flavorful and tasty.**

Health Benefits of Spring Onion / Green Onions

- **Spring onion lowers the blood sugar level.**
- **Good source of vitamin A, B, C, k, minerals and flavanoid antioxidants.**
- **It is a support against gastrointestinal problems.**
- **It is often used as a medicine for common cold.**
- **It is used as an appetizer as it helps digestion.**
- **Prevents ovarian cancer.**
- **Allicin in this vegetable is good for the skin as it protects from skin wrinkling.**
- **It speeds up the level of blood circulation in the body.**



[Thandu Keerai / Mulai Keerai Poriyal](#)

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Thandu keerai / mullai keerai are also known as Red Amaranthus in English. This tasty thandu keerai consumed extensively in Tamilnadu, southern part of India. I am big fan of all Greens because my mom used to make keerai(greens) twice or thrice a week as it was very good for our health. This thandu keerai is very rich in vitamins and minerals. Apart from that, mullai keerai cools and energizes the body, also very good blood cleanser. Try this healthy dish and enjoy your day.

Ingredients

- **1 Bunch of Thandu Keerai / Red Amaranthus**
- **1/4 Cup of Chopped Red Onion**
- **2 Garlic Cloves, Chopped**
- **1 Tbsp of Dry Coconut Flakes**
- **1/4 Tsp of Turmeric Powder**

- Salt to taste

To Temper

- 2 Tsp of Oil
- 1/2 Tsp of Mustard Seeds
- 1/2 Tsp of Urad Dal
- 1/2 Tsp of Cumin
- 2 Red Chillies
- Pinch of Asafoetida
- Few Curry Leaves

Method

- Wash the greens and chop it finely along with stems.
- Heat a pan with oil, add mustard, urad dal, cumin, asafoetida, curry leaves and broken red chillies, after they splutter, add chopped onion and turmeric powder, fry for 2 mins till golden brown.
- Add chopped garlic, fry for a min.
- Add chopped greens(keerai) and salt to it, saute well . Sprinkle little water and cover the pan with a lid and cook it for 3-5 mins.
- Add coconut flakes, Again mix well, check the salt and turn off the stove.
- Serve hot and enjoy.



Tips

- While Making this dish, don't add too much of water because the green itself has water content in it.
- You can also make this without onion and garlic.

Health Benefits of Thandu Keerai (Red Amaranthus)

- Rich in dietary fiber, so it enhances digestion.
- Good source of Vitamin A, B1, B2, B6, C, Iron and potassium
- Lowers the cholesterol.
- High in protein content.
- Rich source of folic acid, good for pregnant ladies.
- Good for patients with cardiovascular disease.
- Boost the immune system.

- Prevents the premature grey hair.
- Prevent women from ovarian cancer and miscarriages.



Tags : [mullai keerai](#), [thandu keerai](#), [thandu keerai poriyal](#), [mullai keerai poriyal](#), [red amaranthus stir fry](#), [keerai poriyal](#), [south indian keerai recipe](#), [prepare keerai poriyal](#)

[Peanut Rice Recipe / Verkadalai Sadam](#)

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peanut rice



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I love peanuts. Eating a handful of peanut daily is very good for the health. In fact, this is my daily evening snack. Also I love to eat peanuts either in the form of brittle or peanut butter or candy bars or rice. This rice is my mom's recipe. Peanut rice recipe / verkadalai sadam is an easy to make one pot meal in this busy world, rich in protein and other nutrients. Peanuts are best source of protein in plant kingdom. Peanuts provide 7 g of protein and 2 g of fiber per ounce. This dish is good to pack for lunch box. Try this peanut rice and let me know how it turned out..

Ingredients for peanut rice recipe

Preparation Time: 15 mins Cooking Time: 10 mins Serves: 2

To Grind

- 1/2 Cup of Roasted Peanuts
- Pinch of Asafoetida
- 2 Tsp of Urad Dal
- 1/2 Tsp of Sesame Seeds
- 2 Tsp of Dried Coconut Flakes
- 3 Red Chillies
- Salt to taste
- 2 Tsp of Sesame Oil / Ghee

To Temper

- 1 Tbsp of Sesame Oil / Ghee
- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- 1/4 Tsp of Cumin
- Few Curry Leaves
- 1/4 Cup of Chopped Onion

Other Ingredients

- 2/3 Cup of Rice

Method for peanut rice recipe

- Soak the rice for 20 mins, wash the rice and cook it in pressure cooker by adding required water for 3 whistles. once it done, turn off the stove. Let it cooled down for 15 mins.
- Heat a pan with oil, roast the sesame seeds, red chillies, urad dal, coconut flakes, asafoetida and salt, fry till it turns golden brown. Let it cooled down for sometime.
- Grind all the roasted items and roasted peanuts into a coarse powder.
- Heat a pan with oil and temper it with mustard, urad dal, cumin and curry leaves, after they splutter, add onion, fry until golden brown and turn off the stove.
- Take a wide bowl, add cooked rice, roasted, ground powder and tempering items. Mix gently.
- Enjoy peanut rice with vadam, chips or any spicy vegetable fry.



Tips

- While mixing don't add hot rice, because it can make the rice soggy.
- You can add green chillies while tempering, for more spicy taste.
 - Adding onion is optional.
- Do not grind peanuts for a long time, it should be coarse.

Health Benefits of Peanut Rice

- Helps to promote fertility because of folate in it.
 - Rich in protein and fiber.
- Aids in blood sugar regulation because of unsaturated fat in it.
 - Helps to prevent gall stones
 - Boost memory power
 - Lower risk of heart disease.
 - Cancer protection.

Tags- [peanut rice](#), [verkadalai sadam](#), [easy variety rice recipe](#), [one pot meal south indian](#).