

# ONION TOMATO CHUTNEY | VENGAYAM THAKKALI CHUTNEY



*Onion tomato chutney is very easy to make. In this recipe, onion, tomato, red chillies and garlic are saute well with oil and finally tempering with oil, mustard and urad dal. This chutney has got sweet, tangy and spicy taste because of roasted onions, tomato and red chillies. It goes well with [idly](#) or [dosa](#) or [paniyaram](#) or even use it as spread in sandwich.*

## **Ingredients**

### **To Saute**

**1 Large Red Onion**

**1 Large Tomato  
3 Small Garlic Cloves  
2 Red Chillies  
2 Tsp of Oil  
Salt to taste**

### **To Temper**

**2 Tsp of Gingelly oil  
1/2 Tsp of Mustard  
1/2 Tsp of Urad Dal  
Pinch of Asafoetida  
Few Curry Leaves**

### **Method**

**Wash and roughly chop the onion and tomato.**

### **Sauteing**

- **Heat oil in a pan, add red chillies, saute for 1-2 mins until it turns dark black.**
- **Add garlic cloves, saute for a min (Don't burn it)**
- **Add onion, saute for 1-2 mins until it turns golden brown color.**
- **Add tomato, saute for 1-2 mins by adding salt. Once it done, switch off the stove. Let the mixture cool down for 5 mins.**
- **In a blender, add onion-tomato mixture, blend until it turns to smooth paste.**
- **Transfer it to a bowl.**

### **Tempering**

- **Heat a pan with oil, add mustard and urad dal, after it splutters, add asafoetida and curry leaves, switch off the stove.**
- **Transfer this tempering items to a bowl containing chutney (onion-tomato puree)**

- **Onion tomato chutney is ready to serve.**



### **Tips**

- **Serve this spicy and tangy chutney for [idly](#) or [dosa](#) or [paniyaram](#)**
- **You can add green chilly for extra spicy taste.**
- **You can add coconut to this recipe.**

**Health Benefits of onion and tomato**

- Onion are good source of vitamin C, B6, biotin, folic acid and dietary fiber.
- It contains large amount of sulfur, are especially good for liver.
- Good source of quercetin, a potent antioxidant.
- Tomatoes are a good source of vitamin A, C and antioxidant.
- Tomato juice are very good for eyes, hair and skin.



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[Fenugreek Flavored Lentil](#)

# Curry – Dal Recipes



*This traditional Indian dish is often served over rice or roti. This recipe is the combination of fenugreek leaves, toor dal and bengal gram dal. It is not only delicious, a good source of non-meat protein and it also has a number of health benefits. It taste absolutely delicious when you eat it with a tsp of ghee.*

## **Ingredients**

**1 Small Bunch of Fenugreek Leaves, Chopped**

## **To Pressure Cook**

**1/4 Cup of Toor Dal**

**1/4 Cup of Bengal gram Dal**

**1 Medium Size Tomato, Finely Chopped**

**1 Green Chilly, Finely Chopped**  
**1/2 Tsp of Turmeric Powder**  
**1 Tsp of Oil**  
**1/2 Tsp of Salt**  
**2 Cups of Water**

### **To Temper**

**3 Tsp of Oil**  
**1 Tsp of Mustard Seeds**  
**1 Tsp of Urad dal**  
**1/2 Tsp of Cumin**  
**1 Red Chilly**  
**Pinch of Asafoetida**  
**Curry Leaves**  
**2 Garlic Cloves, Finely Chopped**

### **Method**

- **Soak both the dals in enough water for 1/2 hr. Drain the water and wash the dals in cold tap water. Keep this aside.**
- **In a pressure cooker, add toor dal, bengal gram dal, turmeric powder, oil, salt, chopped tomato, green chilly and water, cook this for 5-6 whistles. Switch off the stove.**
- **Heat oil in a pan, add red chillies (break it), mustard seeds, urad dal and cumin. After they sizzles, add a pinch of asafoetida, curry leaves and chopped garlic, fry for 1-2 mins.**
- **Add chopped fenugreek, saute for 1 min.**
- **Add the cooked dal to a pan, cook it for 2 mins. Check the salt and switch off the stove.**
- **Hot Fenugreek flavored lentil curry is ready.**



### Tips

- Serve this dal with [Potato Peas Fry](#) or [Colocasia Fry](#)
- You can follow the same recipe with spinach or any greens.
- You can enrich the taste by adding 1tsp of ghee.
- You can also add lemon juice while serving.

### Health Benefits of Dal and Greens

- Lentils are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol
- A dish of basmati rice with moong dal combines carbohydrates, protein, fiber and fats for a healthy, balanced meal. The rice provides carbohydrates for quick-release energy.
- Fenugreek Leaves are rich in vitamins, minerals and good source of protein and Iron.



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**Ragi Semiya Upma / Ragi Vermicilli (Finger Millet)/ How to make Ragi Semiyaa – Breakfast Recipe**



## Ragi Semiya Upma

*Finger Millet, also known as Ragi, is cultivated in drier parts of the world – mainly in Asia and Africa. Ragi has a distinct taste and is widely used in Southern Indian and Ethiopian dishes. Ragi is a rich source of Calcium, Iron, Protein, Fiber and other minerals. The cereal has low fat content and contains mainly unsaturated fat. It is easy to digest and does not contain gluten; people who are sensitive to gluten can easily consume Fnger Millet. Ragi is considered one of the most nutritious cereals. Try this healthy and nutritious breakfast dish and share your comments.*

### Ingredients

**2 Cups of Ragi Semiya**

**To Temper**

**3 Tsp of Oil**  
**1/2 Tsp of Mustard**  
**1/2 Tsp of Urad Dal**  
**2 Tsp of Chenna Dal**  
**Few Curry Leaves**  
**1 Medium Size Onion, Finely Chopped**  
**1 or 2 Green Chillies, Finely Chopped**  
**Pinch of Asafoetida**  
**1 Tbsp of Dry Coconut Flakes**  
**Salt as needed**

### **Method**



- **Soak ragi semiya in enough water for 3 mins. Drain the water and take out the semiya and put it in the greased idly plate and steam cook for 5- 7 mins.**



- Remove from idly plates and allow it cool for 5 mins.
- Heat a pan with oil, add mustard seeds, urad dal, chenna dal and curry leaves, after they sizzle add asafoetida, chopped onion, green chillies, fry 2-3 mins until it turns golden brown color.
- Finely add cooked ragi semiya and salt, saute for 1-2 mins. Finally garnish with coconut flakes.
- Hot ragi semiya is ready to eat.



### Tips

- Serve with coconut chutney.
- You can use red chilly instead of green chilly.
- You can add lemon juice at the end, for a tangy side.
- Add chopped vegetables of your choice.



**Ragi Semiya Upma**

### **Health Benefits of Ragi**

- **Ragi contains an amino acid called Tryptophan which lowers appetite and helps in keeping weight in control.**
- **Ragi is rich in Calcium which helps in strengthening bones.**
- **This helps in controlling blood sugar level in condition of diabetes.**
- **Finger Millet contains amino acids Lecithin and Methionine which help in bringing down cholesterol level by eliminating excess fat from Liver.**



**Ragi Semiya Upma**