

Sāmbhar

10 cups water, divided	½ Tbsp. mustard seeds
2 cups Soy Dal	½ Tbsp. cumin seeds
1 packet Gits Sāmbhar mix	½ Tbsp. urad dal
1-2 curry leaves (or 1 fresh)	½ Tbsp. channa dal
½ Tbsp. tamarind concentrate	1 tsp. turmeric
8 oz. canned crushed tomatoes	½ cup onions, finely chopped
Salt to taste	2 Tbsp. ginger, finely chopped
16 oz. frozen mixed vegetables, thawed	1 Tbsp. finely chopped fresh cilantro
2 Tbsp. soybean oil	

Combine 6 cups water and the soy dal in medium saucepan. Bring to a boil over medium heat and cook until softened, and liquid thickens, about 8 minutes.

Prepare masala: Put remaining four cups of water in large pot **and heat, then add Gits Sāmbhar mixture, curry leaves and tamarind concentrate.** Bring to a boil.

Add crushed tomatoes and salt; continue to heat.

Add the thawed frozen mixed vegetables.

Boil the Sāmbhar for 5 minutes on low heat.

Prepare the seasoning. Heat the vegetable soybean oil and add the mustard and cumin seeds, then the urad and channa dals, then the turmeric. Add the onions and ginger, **sauté for 2 minutes on medium heat. Add this to Sāmbhar.**

Mix well and serve hot.

Makes 12 Servings

Nutrition Facts per Serving: 293 Kcal, 2.7 g Fat, 18.3 g Carbohydrate, 10.4 g Protein, 6.2 g Fiber, 0 mg Cholesterol, 39 mg Sodium

Nutrition Facts per Serving using Tur Dal: 125 Kcal, 2.9 g Fat, 19 g Carbohydrate, 5.8 g Protein, 1.5 g Fiber, 0 mg Cholesterol, 38.9 mg Sodium