



# Tomato Saaru Recipe

## Prep.

1. Cook and mash tuvar dal
2. Finely chop tomatoes
3. Chop cilantro
4. If you are using fresh tamarind pulp, keep the extract ready from 1 lime sized tamarind.

## Ingredients

Water	-	4-5 cups (approx.)
Tamarind pulp	-	1.5 tbsp. (or extract from 1 big lime sized tamarind)
Jaggery	-	2 tsp. (can reduce if you prefer less sweetness)
Turmeric powder	-	¼ tsp
Curry leaves	-	1 sprig
Tomato	-	2 no.s (200 gms. approx.)
Salt	-	1 tsp (or as per taste)
THINDI BOX Saaru Podi	-	2-3 tsp (adjust as per spice preference)
Hingue/asephoteda	-	¼ tsp
Tuvar Dal (cooked & mashed)	-	1/2 cup
Cilantro (finely chopped)	-	2 tbsp
Green chilli	-	1 (optional- if you like extra heat)

### For Tempering:

Ghee	-	1 tsp
Mustard seeds	-	½ tsp
Red chillies	-	1
Hingue (asafoetida)	-	½ tsp
Curry leaves	-	from 1 sprig

## Method

1. Take 3 cups of **water** in a vessel and allow it to start boiling.
2. Add **tamarind pulp, jaggery** and **turmeric powder** to the hot water. Let it come to a rolling boil.
3. Now add **curry leaves, tomato** and **salt** to the vessel. Allow the tomatoes to get well cooked.
4. Now time to add **Thindi Box Saaru Podi** and **hingue** (and green chilli if you plan to use for extra heat). Let it simmer.
5. **Tuvar dal**, cooked and mashed to be added once the raw smell of spices is gone. Lower the flame and keep stirring in between.
6. Add more water (1-2 cups) to adjust the consistency, if required.
7. Let it simmer for a few minutes. Keep stirring in between to make sure it doesn't get burnt.
8. **Prepare the tempering** and pour it on top of the tomato saaru.
9. **Garnish** with plenty of fresh coriander leaves!
10. Enjoy!

## Notes:

- *Saaru/Rasam is popularly referred to as South Indian soup. It is watery in consistency. It is served piping hot with rice or consumed as a spicy soup.*
- *Thindi Box Saaru Podi spice blend can also be used to flavor South Indian style vegetable stir fry (palya) for vegetables like potato, cauliflower, mixed vegetables etc.*