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Indian

Vegetarian Recipes



Beans and Potato

Description

In India, particularly in south India lots of vegetables are used. This is a common vegetable recipe of South India.

Ingredients:

- beans, washed and chopped
- potatoes, washed and chopped
- 1 cup toovar dal
- ½ tsp khus khus
- 1 tsp mustard
- 2 tsp coconut grated
- 4 red chillies
- a few curry leaves
- ½ tsp turmeric
- 1 tsp salt to taste



Preparation:

- Cook toovar dal and keep it aside.
- Boil beans and potatoes and put a little salt and turmeric to this.
- Wet grind coconut, khus khus, mustard, and red chillies.
- Put this masala to the boiling vegetables, and cook until the flavour comes out.
- Add the cooked toovar dal and allow it to boil for a few minutes.
- Heat some oil in a pan and put the mustard.
- When they crackle, put curry leaves, little hing, and add this to the above.

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Brinjal Bharth

Description

This is a delicacy of Bengal. Its like a variety rice.

Ingredients:

- 3-4 potatoes
- ½ cup coconut gratings
- 6 roasted red chillies
- 1 small piece asafoetida
- 1 tsp mustard seeds
- 2 tsp oil
- tamarind lump
- 1 sprig curry leaves
- Salt to taste.



Preparation:

- Cut the brinjal into big pieces and boil in water.
- Peel the boiled brinjal. Roast asafoetida and mustard a little with oil.
- Grind masala using coconut gratings, roasted red chillies and tamarind.
- Before taking out add the roasted mustard and asafoetida to masala.
- Also add salt and grind for another few minutes.
- Then add a little water and mashed brinjal in it.

Cabbage Curry

Description

Curry is not often made from Cabbage. This is an interesting and new Indian recipe.

Ingredients:

- cabbage, finely chopped
- 4 green chillies
- ½ tsp urad dal
- 1 tsp channa dal
- ¼ tsp mustard
- a small pinch hing
- a few curry leaves
- 2 tsp cooking oil
- 1 tsp salt to taste



Preparation:

- Heat some oil in a pan and put the mustard.
- When they crackle, add channa dal, urad dal, hing, and curry leaves.
- Put chopped cabbage and green chillies and sprinkle some water.
- Allow it to cook until the cabbage becomes soft.

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Lemon Rasam

Description:

Rasam meaning juice is good for health also. It is considered good for digestion.

Ingredients:

- ½ cup toovar dal
- 4 tomatoes
- ginger, finely chopped
- 6 green chillies, chopped
- a small pinch hing
- ½ tsp cumin powder
- ¼ tsp cumin seeds
- ½ tsp pepper powder
- ¼ tsp haldi, ¼ tsp mustard
- 2 red chillies
- 1 lemon, ½ tsp ghee
- A few curry leaves
- A small bunch cilantro, finely chopped, 1 tsp salt to taste



Preparation:

- Cook toovar dal with haldi along with 2 cups of water.
- Put chopped tomatoes, green chillies, ginger, hing, and salt.
- Allow it to cook for 5 to 10 minutes.
- Heat some ghee and put the mustard in it.
- When they crackle, put cumin seeds, red chillies, and curry leaves, and add cumin powder, and pepper powder before mixing this to the boiling rasam.
- Garnish with chopped cilantro and squeeze lemon juice.

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Moor Bhaji

Description

This is a native of Western parts of India. This recipe is very easy to make.

Ingredients:

- 1 bunch spinach, finely chopped
- 2 to 3 cups buttermilk
- ½ tsp cumin seeds
- 3 tsp coconut
- 2 green chillies
- 1 red chilli
- ¼ tsp mustard
- a small pinch hing
- 1 tsp salt to taste
- ½ tsp cooking oil



Preparation:

- Boil spinach with little water, and some salt.
- Wet grind coconut, cumin seeds, and green chillies and mix it with the boiled spinach.
- Add buttermilk to above and allow it to boil for a few minutes.
- Heat some oil in a pan, splutter mustard, then add hing, and red chilli and add this to the above.

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