

Heart Healthy Recipe Exchange

Tomato Rasam

Category: Lunch/Dinner

Description: Main Dish

From the Kitchen of:
Radha Selvakumar



Servings:	4
Prep Time:	20 minutes
Total Time:	20 minutes

Ingredients:

1. ¼ cup of toor dal
2. 1 tbsp of tamarind paste or marble-sized tamarind
3. 1 medium tomato
4. A pinch of asafetida
5. 1 ½ tsp rasam powder
6. ¼ tsp black mustard seeds
7. 1 red chili, ¼ tsp cumin, 1 tsp ghee
8. Some curry leaves
9. Cilantro for garnish

Directions:

1. Cook the toor dal with some turmeric in a pressure cooker until it gets mushy.
2. Soak tamarind in a cup of hot water.
3. Cut tomato into small cubes.
4. Squeeze the tamarind until you get a coup and a half of tamarind water.
5. Transfer tamarind water to a saucepan.
6. Add tomato cubes and bring to a boil.
7. Add salt and turmeric to boiling water, then add pinch of asafetida and rasam powder after 10 minutes.
8. Let mixture boil for another 3-4 minutes. Add toor dal and more water until pan is full.
9. Lower flame and simmer until froth forms.

10. Salt to taste

10. Turn stove off. Heat ghee and add mustard seeds and cumin in separate pan, along with curry leaves.

11. Pour in rasam and garnish with cilantro.

(Rasam Powder)

Ingredients

1. ½ cup of toor dal

2. 1 cup of dhania (dry cilantro)

3. 1 cup red chilies

4. ¼ cup of black peppercorns

5. ¼ cup of cumin

6. 1 tsp turmeric powder or few dried turmeric pods

Directions:

1. Combine all ingredients and grind them into a fine and somewhat coarse powder.

2. Store powder in a cool and dry place, as the powder can last for several weeks or months.

Notes:

Rasam is one of the most famous staples eaten in Southern Indian cuisine. It can be spicy, but also can be sweet, depending on the region. Hot and spicy rasam has been used as an excellent remedy for people who have sinus problems or the common colds. Rasam can be drunk by itself or eaten with rice and curried vegetables.

Comments on Nutritional Value (Dr. Divya Selvakumar):

Cumin, asafetida and turmeric are both anti-infectious and anti-inflammatory spices. Black peppercorns serve as an antioxidant and fights cancer. Toor dal provides protein and is help with controlling blood sugar for diabetics. Tamarind provides antioxidants and helps with cancer prevention and lowers cholesterol. Tomato provides Vitamin C and lycopene. Curry leaves provide Vitamin A, Vitamin C, B-vitamins, calcium and iron. Red chili speeds up body's metabolism and burns calories.