

## PREPARATION OF SAMBAR

Sambar is a South Indian lentil and vegetable stew made with pigeon pea lentils, tamarind and a unique spice blend called sambar powder. It is a staple dish in South Indian homes and is also equally popular and loved by many.

A basic sambar recipe will have a mix of one or two types of vegetables along with lentils, tamarind, sambar powder and a few spices.

It is healthy as well as nutritious being rich in protein and also other nutrients like vitamins, minerals etc as it is made from both lentils and vegetables. Sambar served with rice or idli makes up for a complete meal.

