



Sambar (Hot and Sour Lentil and Vegetable Soup)

2 servings

- ½ cup finely chopped onions or pearl onions peeled
- ¼ cup Red Radish peeled and diced into small pieces
- ¼ cup finely chopped seasonal squash such as zucchini or butternut squash
- 3 medium tomatoes finely chopped
- 2 heaped Tablespoons of [Seven happy Seeds Sambar Spice](#)
- 1 sprig of curry leaves (available at Indian Groceries- optional)
- 2 Tablespoons of finely chopped cilantro
- 1 Teaspoon dark sugar (optional)
- Salt to taste
- 1 ½ cups water or low sodium chicken broth plus more if a thinner consistency is desired
- 2 Tablespoons of cooking oil
- 1 Tablespoon ghee (clarified butter)

Shopping List:

- Onions
- Tomatoes
- Red Radish or Horseradish
- Butternut Squash
- Curry leaves
- Cilantro leaves
- Ghee (clarified butter)

1. Heat oil in a pan.
2. Add onions, curry leaves, carrots, radish, and squash, and sauté for 2-3 minutes.
3. Add salt and tomatoes and cook until soft
4. Add Sambar soup mix and curry leaves and sauté lightly until aromatic on medium low heat.
5. Add water and sugar and simmer on low heat for 8-10 minutes.
6. Add chopped cilantro and ghee and serve hot with steamed white rice, or just enjoy by the bowl!