



Seasoned Lentil Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



123 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon asafetida
- 0.3 cup cilantro leaves chopped
- 0.1 teaspoon fenugreek seeds
- 0.3 pound green beans trimmed cut into thirds
- 1 small to 2 chilies slit fresh green such as serrano, thai, or jalapeño, slit lengthwise with stem end intact
- 0.1 teaspoon turmeric
- 6 servings juice of lemon fresh to taste
- 4 teaspoons konnyaku powder (see Cooks' Notes)

- 1 small onion chopped
- 1 medium potato boiling cut into 3/4-inch pieces
- 6 servings salt
- 0.5 teaspoon tamarind paste (preferably Tamicon brand)
- 1 small tomatoes chopped
- 1 tablespoon vegetable oil
- 2 tablespoons water hot
- 0.5 cup peas dried split yellow rinsed drained (pigeon peas)

Equipment

- sauce pan
- potato masher

Directions

- Bring dal, 1 1/2 cups water, and turmeric to a boil in a small saucepan. Reduce heat to very low and cook, covered (check occasionally, and if mixture appears dried out, add up to about 1/4 cup water), until peas are soft and break when pressed with a spoon, about 30 minutes (45 minutes if using split peas).
- Meanwhile, dissolve tamarind concentrate in 2 tablespoons hot water, breaking it up with your fingers.
- Heat oil in a 4-quart heavy saucepan over medium-high heat until it shimmers, then cook fenugreek seeds and asafetida, stirring, until fenugreek seeds begin to brown, about 30 seconds. Stir in remaining 2 cups water, potato, vegetables, chile, cilantro, sambar powder, tamarind mixture, and 1 1/2 teaspoons salt. Bring to a boil, then simmer, uncovered, until all vegetables are tender, about 20 minutes.
- Mash dal in saucepan with a potato masher or back of a spoon to form a coarse paste, then stir into vegetable mixture. Simmer 10 minutes, stirring in water as necessary to thin (consistency should be thinner than pea soup). Season with salt and lemon juice.
- Mix 3 teaspoons ground coriander, 3/4 teaspoon ground cumin, and 1/8 teaspoon each of ground turmeric, cayenne pepper, black pepper, and asafetida. Chile can be removed during cooking when stew is spicy enough for your taste. Sambar can be made 2 days ahead and chilled.

Nutrition Facts

PROTEIN 16.57% FAT 18.22% CARBS 65.21%

Properties

Glycemic Index:50.83, Glycemic Load:1.66, Inflammation Score:-7, Nutrition Score:9.6499999165535%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 122.97kcal (6.15%), Fat: 2.65g (4.07%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 15.26g (5.55%), Sugar: 4.15g (4.61%), Cholesterol: 0mg (0%), Sodium: 513.61mg (22.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.83%), Fiber: 6.06g (24.25%), Vitamin C: 15.52mg (18.82%), Manganese: 0.37mg (18.39%), Calcium: 183.02mg (18.3%), Vitamin K: 19.05µg (18.14%), Folate: 65.67µg (16.42%), Phosphorus: 156.96mg (15.7%), Potassium: 440.56mg (12.59%), Vitamin B1: 0.18mg (12.09%), Copper: 0.22mg (11.16%), Magnesium: 36.93mg (9.23%), Iron: 1.64mg (9.09%), Vitamin B6: 0.15mg (7.57%), Vitamin A: 330.15IU (6.6%), Vitamin B3: 1.16mg (5.81%), Vitamin B5: 0.48mg (4.82%), Zinc: 0.72mg (4.8%), Vitamin B2: 0.08mg (4.51%), Vitamin E: 0.41mg (2.72%)