

## Sambar (Savory Lentil and Vegetable Soup)

2 Servings

- One 14 Oz can of Trader Joe's Organic Split Pea Soup
- ½ cup finely chopped onions or pearl onions peeled and washed
- ¼ cup Daikon or Radish peeled and diced into small pieces
- ¼ cup finely chopped seasonal squash such as zucchini or butternut
- 4-5 cherry tomatoes halved (or 2 Roma tomatoes finely chopped)
- 2 heaped Tablespoons of **Seven happy Seeds Sambar Soup 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 plus more if a thinner soup is desired
- 2 Tablespoons of cooking oil

1. Heat oil in a pan.
2. Add Sambar spice and curry leaves and sauté lightly on medium low heat.
3. Add pearl onions, carrots, radish, and squash, and sauté for 2-3 minutes.
4. Add split pea soup, water, sugar, and salt to taste and simmer on low heat for 8-10 minutes.
5. Add tomatoes and simmer covered, for an additional 5 minutes.
6. Add chopped cilantro and serve hot with Rice flour crepes (Dosa), steamed white rice, or just enjoy by the bowl!

### Timesaver Tips:

- Make crispy Rice crepes (Dosa) in minutes with **Seven happy Seeds Rice Crepe Mix**
- Steam store bought frozen Idlis (steamed dumplings made with fermented batter) in the Microwave and serve with Sambar for a quick and delicious meal.