

## **Beets with Onions – *Shorvedar Chukander***

### **Ingredients**

$\frac{3}{4}$  (350g) Beets (weight without stems and leaves – about 3-4 beets)  
4 Tbs. Vegetable oil  
1 tsp. Cumin seeds  
1 clove Garlic, minced  
1 Large onion, coarsely chopped  
1 tsp. Plain flour  
 $\frac{1}{4}$ - $\frac{1}{2}$  tsp. Cayenne pepper  
2 Medium tomatoes, peeled and finely chopped  
1 tsp. Salt  
 $1\frac{1}{4}$  cup Water

### **Procedures**

1. Peel the beets and cut them into wedges. Cut a medium 2” beet into 6-8 wedges

### **To cook**

2. Heat the oil in a pot over a medium flame.
3. Put cumin in the oil and let them sizzle for 5 seconds.
4. Add garlic and stir-fry until golden.
5. Add the onions and stir-fry for 2 minutes.
6. Add the flour and cayenne pepper and stir-fry for 1 minute.
7. Add beets, tomatoes, salt and water. Bring to a simmer.
8. Turn to heat to low, cover and for 30 minutes or until the beets are tender.
9. Remove the lid, turn heat to medium and cook for another 7 minutes or until the sauce has thickened slightly.

This dish may be made ahead of time and may be reheated.