

Published based on [Varieties of Vegetarian Recipes in India](#)

# **Varieties of Vegetarian Recipes in India**

The Country India is famous for its various finger licking, rich cuisines. Indian cuisine recipes can make you awestruck. You will surely be craving for various delicious dishes of India once you eat them. The very first and plus point with the Indian food is that there is a lot of variety of recipes in India that can be offered to the guests and visitors by the Indians. Indian usually offers the food which is rich in herbs, fruits, vegetables and most importantly the spices. These are the spices that makes Indian food tasty, better from other cuisines and finger licking. However there is a misconception spread all over the world that all the Indian recipes are vegetarian. In spite of being a large of vegetarian recipes there are also a lot of non-vegetarian recipes as well. However all the recipes either veg or non-veg are having a different taste.

Indian food full of vitamins and calories

Really there are number Indian vegetarian recipes that can give you calories and vitamins both. The spices used in the cuisines empower the immune system. The vegetables and spices are mixed in the recipes in such a ratio that they can give you the best possible diet. These vegetarian recipes are started by the Hindus in India. The usual Hindu is a large scale devotee of God and are faithful and honest. They consider that all these properties will automatically be introduced in the thinking if a man if he is vegetarian. In this way he would be living a happy and joyous life and they think that the Indian food they eat is responsible for this. Sambar, Rajma, Veg stew, Ghever and Daal Baati are the mainly used recipes of India. These recipes are cooked by using various spices and oils produced in India itself. This is why they can give a large amount of calories to the person who eats them. The delicious meal of India

All around the world there are not so many choices in front of many persons to choose and eat the delicious food of their own choice. Even in United States the vegetarian peoples are eating the packed food in search of some veg food. However this is not the case with Indian cuisine recipes. A great range and variety of recipes are available to eat in India. Along with these numbers of recipes available, no Indian vegetarian will feel bored with eating the same recipes every day. It is said about India that there are so many Indian food available that you can cook a different veg recipe on every day of your life. The richness, flavor, texture and aroma found in the cuisines of India are in comparable to the cuisines of any other country. Various basic Indian herbs like coriander leaf, Pudina (mint), bay leaf, and the leaves of curry are used in the cuisines to make them special. All these herbs can be found at every place and at the garden of every house of India.

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