



UPAMA-----A healthy breakfast

SERVES: 4-

PREPARATION TIME: 10 MIN.

COOKING TIME: 15 MIN.

INGREDIENTS:

1. Sooji (Samolina)—1 cup
2. Lentils(dal)—Chana & Urad –1tsbp each
3. Veggie—(Can choose from variety of veggies--Carrots, Peas, Green beans, Potatoes)—1 cup finely chopped
4. Raw Peanuts-1tbsp.
5. Raw Cashews-1tbsp.
6. Oil—1 tbs.(canola or Vegetable oil)
7. Ghee(clarified butter)—1 tbs.(optional)
8. Ginger—1 tbsp. (optional)
9. Mustard seeds—1tsp.
10. Red chilli (whole)- 2
11. Curry leaves—6 to 8
12. Salt—According to the taste
13. Water—2 cups
14. Lime Juice—1tsp.
15. Coriander leaves—Chopped—To garnish

METHOD OF COOKING:

1. Roast Sooji in heavy bottom pan till light brown.
2. Put oil in the pan, let it heat up and put mustard seeds and red whole chilly in it.
3. Once it start cracking put grated ginger, stir it than put peanuts and cashews, let it fry for little bit.
4. Now put curry leaves in it and all the chopped Vegetables, stir for minute or so.
5. Put water and let it boil for at least 5 min.
6. Now put sooji slowly and keep stirring while everything getting mixed well and cooked too.
7. Add salt and ghee. Keep stirring.
8. Add lime juice and cover the pan for little while.
9. Garnish with coriander leaves and serve hot with coconut chutney or any other kind of chutney.

TIPS:

1. Pick Sooji which is course.
2. Do not roast sooji too much.
3. Pick vegetable of your choice or whatever is available.
4. Be careful while putting Sooji in the water otherwise it can become lumpy. Therefore need to keep putting sooji slowly and keep stirring.
5. Serve hot.
- 6 Can be eaten anytime.