



## Vegetarian Khichari

Preparation time - 10 min.

Cooking time - 10 to 15 min.

Serves - 4 - 6

### Ingredients

- Rice (basmati or sona masoori) - 1 cup
- Lentil or Dal (green split moong dal) - ¼ cup
- Lentil Dal (yellow split moong dal) - ¼ cup
- Cracked wheat - 2 tbsp
- Carrots - ½ cup
- Peas - ½ cup
- Green and Red bell pepper - ½ cup
- Cauliflower - ½ cup
- Ginger (grated)- 1tsp
- Green chilies(optional)- 1 or 2
- Turmeric-- 1 tsp
- Cumin seeds - 1tsp
- Hing (asafetida) - pinch or little more
- Salt - according to your taste
- Oil (of your choice)- 2 tsp
- Ghee (clarified butter-optional) - 2 tsp
- Cilantro (for garnishing) - 1tbsp

### Cooking method

- Wash Rice, Dal cracked wheat together nicely.
- Wash and cut all the vegetables. You can put any veg. of your choice
- Use deep cooking pot. Keep pot on stove and put on high heat. Put oil in the pot.
- Put cumin seeds when oil is hot,
- Add hing when cumin seed start cracking or turn brown add ginger and green chilies (optional) and add all the cut vegetables.
- Stir it for little bit and then add Rice, Dal mix. Keep stirring for couple min.
- Put turmeric and salt mix it well and add water.
- Keep it covered to cook.
- You can turn heat on medium low while putting all the ingredients together in the pot.
- Keep an eye on for spilling once starts boiling.
- Once it starts thickening, turn the heat on low. You can put the ghee now and mix well.
- Once you see Khichadi is thickened enough, turn off the heat.
- Garnish with chopped cilantro and serve hot.
- Can serve with yogurt or pickle.