

RAVA UPMA

INGREDIENTS

3/4 cup rava or sooji

- 1/4 teaspoon mustard seeds, cumin seeds
- 1 teaspoon chana daal and urad daal
- 1 pinch asafoetida or hing
- 1 – 2 sprigs of curry leaves
- 1 medium onion, finely chopped
- 1/2 tsp ginger grated
- 1 – 2 green chillies, chopped
- 1/2 cup frozen peas and other veggies like beans or carrots
- 1 large tomato, finely chopped
- 2 tsp of coriander leaves
- 1 tsp ghee/oil
- One large glass buttermilk

STEPS

1. *Add rava or semolina to a pan and dry roast it on low medium flame until it turns*
2. *crunchy. Remember to keep stirring to prevent rava from burning.*
3. *Step 2: In another pan, pour oil and add mustard seeds followed by cumin seeds.*
4. *Step 3: When it starts spluttering, add the lentils and cook.*
5. *Step 4: Add a pinch of hing.*
6. *Step 5: Next, add the chillies and finely chopped ginger to the mix.*
7. *Step 6: Add the curry leaves too and cook until it becomes fragrant.*
8. *Step 7: Now add the chopped onions and the veggies you are using. Cook under it*
turns
9. *tender.*
10. *Step 8: Pour thick buttermilk and boil. Add salt and stir.*

11. Step 9: Add the roasted rava slowly and mix it well. Make sure there are no lumps.

12. Step 10: Cover and cook till the water is absorbed.

13. Step 11: Serve hot!