



Kodo millet upma (OP I)

Serving: 1

Veg

Ingredients

- Kodo millet - 2 tbsp
- Carrot – 1 small sized chopped finely
- Beans – 3 nos finely chopped
- Onion – 1 small chopped finely
- Mustard seeds – 1/4 tsp
- Curry leaves- a small sprig
- Green Chilli – 1 small sliced
- Hing – a pinch
- water - as required
- salt to taste

Preparation Method

- Rinse the millet well, drain water and set aside. In a pressure cooker heat oil – add mustard seeds, hing, curry leaves, green chilli let it splutter, then add onion and fry till transparent.
- Then add the veggies and saute for 3 mins or until raw smell leaves along with required salt. Then add the millet and give a quick mix.
- Add water as required and pressure cook for 3 whistles in low medium flame and switch off. Once pressure releases, fluff it up.
- Serve hot / warm!