



Sama upma

Serving: 1

Veg

Ingredients

- Sama - 3 tbsp
- 1 Onion finely chopped
- 1/2 Carrot finely chopped
- 2-3 french beans finely chopped
- 1/4 tsp mustard
- 1/4 tsp urad dal
- 1/4 tsp bengal gram dal
- 1 inch ginger grated
- 1/2 green chilli
- 7 - 8 curry leaves
- 1/4 tsp turmeric powder (Optional)
- 1 tbsp Oil (preferably groundnut oil or sesame oil)
- salt to taste

Preparation Method

- Wash the millet 2-3 times in water and soak in fresh water for atleast 10 minutes Heat a broad pan, heat oil
- Add mustard seeds and wait till it splutters Add urad dal, bengal gram dal, curry leaves, grated ginger and green chilli. Saute till the dals turn light brown
- Add onions and fry till onions turn light pink Add carrots, beans . Mix well. Keep the flame in sim. Cover and cook for 3-4 minutes
- Once the vegetables have softened a bit, add turmeric powder and mix well
- Add 0.5 cup of water and let it boil
- Once it starts to boil, add the required salt and the soaked/drained millet. Mix well and let it boil vigorously
- Reduce the flame to sim. Cover and cook for 5 minutes Switch off and let the pan remain untouched for another 5 minutes
- Mix well and serve hot