



Foxtail millet upma (OP I)

Serving: 1

Veg

Ingredients

- foxtail millet - 3 tbsp (soaked for 30 minutes)
- onion - 4 tbsp chopped
- tomato - 2 tbsp chopped
- french beans - 2 tbsp chopped
- carrot - 2 tbsp chopped
- green chilli - 1 chopped
- coriander leaves - 2 tbsp chopped
- lemon juice - 1 tsp
- mustard seeds - 1/4 tsp
- Urad dal - 1/4 tsp
- Turmeric powder - 1/4 tsp
- curry leaves - 3
- cooking oil 1/2 tsp

Preparation Method

- Rinse the foxtail millet and soak in water for 10-15 mins.
- Drain water and keep aside
- Take a pan to add oil and heat.
- Add chana dal, urad dal and mustard.
- Fry till they turn golden brown and mustard splutters.
- Later add curry leaves, onion and green chilli .
- Saute for a minute or two till the onion turns slightly pink. Add chopped tomatoes.
- Add finely chopped mixed veggies.
- Add some salt, turmeric and saute for 3-4 mins, to that add water.
- Keep the flame on medium high and bring to boil.
- When the water starts to boil add foxtail millet, lemon and remaining salt.
- Mix well. Cover and cook for about 10 minutes on low flame.
- Once foxtail millet is cooked (until all the water has been absorbed by the millet and feels cooked and looks grainy) add coriander
- Toss once and switch off
- Serve .