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Serving: 1 Veg

## Ingredients

- 1 cup red pumpkin
- 1/2 cup chopped carrot
- 2 tbsp chopped onions
- <sup>1</sup>/<sub>4</sub> tsp Suva /dilli seeds optional
- Salt,blk pepper powder to taste

## Preparation Method

- 1. Heat oil in pressure cooker ,saute dilli seeds for a minute,add onions saute for a min.
- 2. Add carrot, pumpkin with 2 cups water and pressure cook till 2 whistle.
- 3. Blend the mixture
- 4. Add salt, black pepper powder
- 5 Boil for 5 mins
- 6. Serve hot