



Tomato Upma

Serving: 1

Veg

### *Ingredients*

- 2 roughly chopped tomatoes
- 3 tbsp rava
- 1 tsp oil
- 1 tsp rai
- 4 curry leaves (kadi patta)
- 1 finely chopped onions
- 1 tsp chilli powder
- salt to taste
- 2 tbsp finely chopped coriander (dhania)

### *Preparation Method*

- Take tomatoes in a mixer and blend to a smooth pulp. Keep aside.
- Heat the oil in a deep non-stick pan, add the mustard seeds, and curry leaves and sauté on a medium flame for 30 seconds.
- Add the onions and sauté on medium flame for 2 minutes.
- Add the semolina and sauté on a medium flame for 4 minutes.
- Add the tomato pulp, chilli powder, sugar, salt and coriander, mix well and cook on a medium flame for 1 to 2 minutes, while stirring continuously.
- Add  $\frac{1}{4}$  cup of hot water, mix well and cover with a lid and cook on a medium flame for 2 minutes, until water goes away while stirring occasionally.
- Serve immediately