



Jowar upma\$ (OP I)

Serving: 1

Veg

Ingredients

- Jowar 3 tbsp
- 1/4 cup chooped capsicum
- salt to taste
- 1 tsp oil
- water as needed

Preparation Method

- • Soak Jowar / Bajra overnight in water.
- • Pressure cook soaked Jowar / Bajra with 1 cup water until 5 whistles
- • In a pan add a few drops of oil and saute the capsicum, then add salt to taste.
- • Add the jowar / Bajra to the sauted capsicum in the pan.
- • Cook until they mix well on medium flame (for 10-15 mins).