



Usal (HV)

Serving: 1

Veg

Ingredients

- -1/2 cup mixed sprouts (moong , chana , matki etc.)
- -1 tsp oil
- -1 tsp cumin seeds (jeera)
- -Pinch asafoetida (hing)
- -1/2 cup chopped onions
- -1/2 cup chopped tomatoes
- -1/2 tsp turmeric powder (haldi)
- -salt to taste

Preparation Method

- -Heat the oil in a pressure cooker and add the cumin seeds and asafoetida.
- -When the cumin seeds crackle, add the onions and sauté on a medium flame for 1 minute.
- -Add the tomatoes and cook on a medium flame for 2 minutes, while stirring occasionally.
- -Add the dry garlic chutney, mix well and cook on a medium flame for 1 minute, while stirring once in between.
- -Add the mixed sprouts, turmeric powder, salt and 1 cup of water, mix well and pressure cook for 3 whistles.
- -Allow the steam to escape before opening the lid.
- -Garnish with onions and coriander and serve hot with lemon wedges.