



Jowar and Vegetable Porridge (OP I)

Serving: 1

Veg

Ingredients

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- -1/2 cup coarsely powdered jowar
- -salt to taste
- -1 tsp oil
- -1 cup chopped mixed vegetables (french beans , carrot , green peas and cauliflower)
- -1/2 tsp mustard seeds (rai / sarson)
- -a pinch of asafoetida (hing)
- **For The Topping :**
- -2 tbsp finely chopped tomatoes
- -2 tbsp finely chopped onions
- -2 tbsp finely chopped coriander (dhania)

Preparation Method

- **Method:**
- 1. Combine the powdered jowar, salt with 3 cups of water in a pressure cooker, mix well and pressure cook for 4 whistles.
- 2. Allow the steam to escape before opening the lid.
- 3. Heat the oil in a deep pan and add the mustard seeds and asafoetida.
- 4. When the mustard seeds crackle, add the mixed vegetables and sauté on a medium flame for 3 to 4 minutes.
- 5. Add the cooked jowar mixture, 1 1/2 cups of water and salt, mix well and simmer for 6 to 7 minutes, while stirring occasionally.
- 6. Top with the tomato, onion and coriander and serve immediately.