



Bajra Moongdal Khichdi (OP I)

Serving: 1

Veg

Ingredients

- 3 tbsp bajra (black millet) , soaked or 8 hours and drained
- 2 tbsp yellow moong dal (split yellow gram) , washed and drained
- $\frac{1}{2}$ tsp ghee
- 1 tsp cumin seeds (jeera)
- $\frac{1}{4}$ tsp turmeric powder (haldi)
- Pinch of asafoetida (hing)
- salt to taste

Preparation Method

- 1. Combine the bajra, moong dal, salt and 2 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. Keep aside.
- 3. Heat the ghee in a deep pan and add the cumin seeds.
- 4. When the seeds crackle, add the asafoetida, turmeric powder and sauté for a few seconds.
- 5. Add the cooked bajra and moong dal and salt, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
- 6. Serve immediately.