



Jowari Khichu (OP I)

Serving: 1

Veg

Ingredients

- Coarsely powdered jowar - $\frac{1}{2}$ cup
- salt to taste
- Oil - 1tsp
- Chopped mixed vegetables (french beans,carrots,green peas and cauliflower) - 1cup
- mustard seeds - $\frac{1}{2}$ tsp
- a pinch of asafoetida
- For the topping
- finely chopped tomatoes - 2tbsp
- finely chopped onions - 2tbsp
- finely chopped coriander - 2tbsp

Preparation 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 saute on a medium flame for 3 to 4min
- 5. Add the cooked jowar mixture , $\frac{1}{2}$ cup of water ,salt to taste mix well and simmer for 6 to 7 min, while stirring occasionally.
- 6. top tomato,onion,and coriander and serve immediately.