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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).