Millet based lunch

Name of the recipe: **Foxtail millet brinji**

**Ingredients:**

1. Foxtail millet-1 cup
2. Water-2 cups
3. Carrot-50g
4. Peas-50g
5. Beans-50g
6. Cinnamon-1
7. Clove-1
8. Lemon juice-1tsp
9. Coriander leaves-1/4 bundle
10. Oil-2tsp
11. Onion-1
12. Tomato-1
13. Salt-1tsp
14. Chilli powder-1tsp
15. Ginger, garlic paste-1tsp

**Method:**

Take a pressure cooker. Heat the cooker with oil and add cinnamon, clove and onion to it. Fry it till it turns golden brown. And then add the ginger, garlic paste and tomato to it. Fry it. Add chilli powder, carrot, peas, and beans and cook it for 5 minutes. And then add foxtail millet and water to it. And finally add lemon juice and salt for taste. Take it after 1 whistle and serve it hot.

|  |  |
| --- | --- |
| **Preparation time:** | **No of servings:** |
| **Cooking method:** | **Nutrients:** |