**Moong Dal Khichdi**

Prep time: 30 Min Cook time: 10 Min

**Ingredients:**

* 1 cup split moong dal
* 1 cup hand pounded rice
* 2 tablespoons oil
* 2 teaspoons jeera (cumin seeds)
* ½ cup finely chopped onions
* ½ cup chopped tomatoes
* 2 teaspoons grated ginger
* 1 teaspoon green chili, finely chopped
* ½ teaspoon haldi (turmeric) powder
* 7 cups water
* Low sodium salt, to taste

**Instructions:**

1. Rinse the moong dal and rice together, then soak them in water for 30 minutes. Drain and set aside.
2. Heat oil in a 3-liter pressure cooker over medium heat.
3. Add jeera seeds; when they splutter, add the chopped onions and sauté until translucent.
4. Add the chopped tomatoes, green chili, and grated ginger.
5. Mix well and sauté until the tomatoes soften.
6. Stir in the haldi powder and sauté for another minute.
7. Add the soaked rice and moong dal to the pressure cooker.
8. Stir and sauté for about a minute.
9. Pour in the water and season with salt. Mix well and check the taste of the water; it should be slightly salty.
10. Close the lid tightly and pressure cook on high heat for 7 to 8 whistles.
11. Turn off the heat and let the pressure release naturally.
12. Once the pressure has fallen, remove the lid and check the consistency. If it’s too thick, add some hot water and mix well.
13. Simmer on low heat for a few minutes until you achieve the desired consistency.
14. While serving, drizzle 1 teaspoon of ghee on top for added flavor.
15. Serve hot with curd, raita, or salad.