

VEGETABLE UPMA

Ingredients :

Rava	- 1 cup
Onion	- ½ cup chopped
Carrots	- ½ cup chopped
Capsicum	- ½ cup chopped
Beans	- ½ cup chopped
Tomato	- 1 no.
Ginger	- Small piece
Curry leaves	- 15 leaves
Coriander leaves	- 1 tbsp chopped
Mustard seeds	- Small quantity
Coconut oil / Ghee	- Small quantity
Urad dal	- 1 teaspoon
Water	- 2 cups
Lime juice	- small quantity
Salt to taste	





Method :-

- Cut the carrot and beans into small pieces.
- Combine carrot & beans and add little water and cook for five minutes.
- Chop the onion and tomato.
- In a kadai put little oil / ghee and when it is hot add mustard seeds.
- When it pops up add urad dhal & fry till it become light brown.
- Add the chopped onion, Tomato, Ginger and curry leaves and fry till it become light brown.
- Add cooked vegetable into it & Stir well.
- Add water along with salt & allow to boil.
- When it starts boiling, add rava slowly and stir well, without forming lumps.
- Once it is mixed well add lime juice and stir once again.
- Garnish with coriander leaves.