

## Jowar Veggie Bowl

Jowar is nutritionally superior to rice and wheat and it does not contain gluten and is hydrolyzed slowly making it an ideal food to diabetic and celiac patients.

**Recipe Makes:** 3 servings

### Nutritional Value (per serving)

**Calories:** 427 kcal      **Protein:** 15 g      **Carbohydrate:** 84.1 g      **Fat:** 8 g

## Ingredients

- 1 cup Jowar Seeds
- 1 Onion, finely chopped
- 1/2 Carrot (Gajjar), finely chopped
- 1/8 cup Sweet corn, (optional)
- 1/8 cup Green peas (Matar)
- 2 tablespoons Roasted Peanuts
- 1/2 inch Ginger, grated
- 2 cloves Garlic, crushed
- 1 Green Chillies, slit or chopped
- 1 teaspoons Lemon juice
- 1/4 teaspoon Turmeric powder (Haldi)
- Salt, as per taste
- Black pepper powder, as per taste
- 1 tablespoon Extra Virgin Olive Oil
- 2 cups Vegetable stock, or water



## Instructions

1. To prepare, wash and soak Jowar pearls overnight or for at least 6 - 7 hours in water. Jowar is a millet that takes a long time to cook, so it is important to soak it.

2. Once the Jowar is soaked, drain the excess water. Place the Jowar into the pressure cooker along with 2 cups of vegetable stock or water and salt.
3. Pressure cook for 1-2 whistles, turn the heat to low and simmer for about 10 minutes and turn off the heat. After 10 minutes turn off the heat and allow the pressure to release naturally. The Jowar will continue to cook in the pressure that exists in the cooker.
4. Open the lid of the pressure cooker, you will see the jowar pearls have chewy texture in comparison to other grains. So you will notice them begin hard. If you like it to be softer, you will need to add a little more water and allow it to cook through for some more time.
5. In the next step, steam the vegetables and keep them ready.
6. Heat oil in a saucepan over medium heat and sauté the chopped onion, garlic and ginger for a couple of minutes until it is soft. Once the onion turns translucent, add the peanuts and sauté for another couple of minutes.
7. Next add the steamed vegetables, turmeric powder, jowar, salt and black pepper. Adjust the seasonings to suit your taste. Cover the pan with a tight fitting lid, reduce the heat to low and let it cook for about 5 minutes.
8. Turn off the heat and drizzle lemon juice over it. Garnish with chopped coriander leaves and serve hot.