

Vegetable Rava (Sooji) Upma

Recipe Makes: 2 serving

Nutritional Value (per serving)

Calories: 216 kcal **Protein:** 6.6 g **Carbohydrate:** 35.9 g **Fat:** 5 g



Ingredients

- ½ cup Rava (Semolina/Sooji)
- ½ cup Onion, finely chopped
- ½ inch Ginger, finely chopped
- 1 Green Chilli, finely chopped
- 1 sprig Curry leaves, finely chopped
- ½ cup Carrot (Gajjar), finely chopped
- ¼ cup Green beans (French Beans), finely chopped
- ¼ teaspoon Mustard seeds (Rai)
- ½ teaspoon White Urad Dal (Split)
- Asafoetida (Hing), a pinch
- 1 teaspoon Oil, for cooking
- 1 tablespoons Ghee
- 1 teaspoon Lemon, juice extracted

Salt, to taste

Instructions

1. To begin the recipe/ Sooji Upma, In a saucepan; boil 3 cups of water along with salt and set aside. Add the vegetables to this water and cook.
2. Heat oil in heavy bottomed pan or kadai on medium heat; add mustard seeds, urad dal seeds and allow it to crackle and the dal to turn golden brown and crisp.
3. Stir in the onions, ginger, asafoetida, curry leaves and green chilies and sauté until onions are tender.
4. Stir in the semolina and roast along with the onion mixture until you get the light roasted aroma.
5. Gradually pour the hot water into the above mixture and continue to stir in the process, add cooked vegetables and stir. Turn the heat to low, cover the pan and allow the Rava Upma to cook and steam in the heat.
6. Keep stirring occasionally to avoid lumps. This will take about 10 minutes.
7. Finally stir in the ghee and lemon juice and sauté for a couple of minutes on low heat until all the ingredients are well combined and serve.