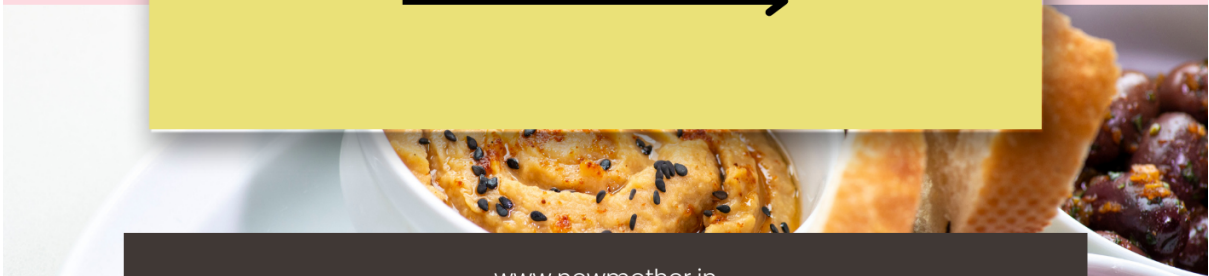




HEALTHY FOOD

Healthy Lifestyle



www.newmother.in

Ingredients -

1 cup bansi rava,

1 onion, any other vegetables of your choice
(carrots, beans, washed, finely chopped)

1 tbsp chana dal, 8 - 10 peanuts, 1 sprig of curry
leaves, coriander leaves to granish,
salt to taste, 2 cups of water, 3-4 red chillies.

METHOD

- 1.add 2 tbsp oil to a pan, and add mustard seeds,
- 2.after it splutters, add chana dal, and peanuts, and roast them till brown.
- 3.add chopped onion, and red chillies, and saute.
- 4.add other chopped veggies, and saute.
- 5.add 2 cups of water, and salt, and bring it to a boil.
- 6.after the water starts boiling, add the Rava and stir well, so that no lumps are formed.
- 7.simmer, with a lid closed for 10 minutes. stir in between. once cooked, turn off flame.