DietCloud – Recipe

Recipe Name: BAJRA MOONG DAL KHICIDI

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Ingredients
Bajra (Pearl Millet): 1/2 cup (soaked for 8 hours or overnight).Moong Dal: 1/4 to 1/2 cup (yellow split or green split).Ghee: 1–2 tbsp for tempering.Aromatic Spices: 1 tsp cumin seeds (jeera), 1/4 tsp turmeric powder, a pinch of asafoetida (hing), and salt to taste.Vegetables (Optional): 1/2 cup chopped carrots, peas, or spinach.Water: 4–5 cups (millet requires more water than rice).
Instructions
Preparation: Wash and soak the bajra for at least 8 hours to ensure it cooks properly. Rinse the moong dal thoroughly just before cooking.Pressure Cooking: In a pressure cooker, combine the soaked bajra, moong dal, salt, turmeric, and 4–5 cups of water.Whistling: Cook on medium heat for 4–6 whistles until the bajra is soft and mushy.Tempering (Tadka): In a separate pan, heat ghee. Add cumin seeds and hing. You can also add ginger, garlic, or onions for extra flavor.Final Mix: Pour the tempering over the cooked khichdi. Stir well, adding more hot water if the consistency is too thick.Serving: Serve hot with a dollop of ghee, curd, pickle, or papad.

Ingredients

Ingredient	Quantity

No ingredients added.

Preparation

No preparation steps added.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	70	10	10	2