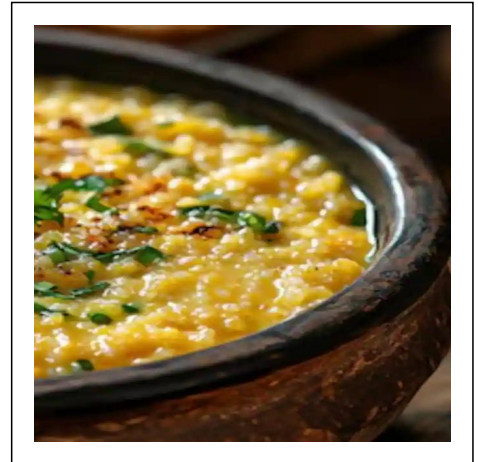




**Recipe Name:** BAJRA MOONG DAL KHICIDI  
**Diet Type:** Vegetarian  
**Course:**  
**Cuisine:** Indian  
**Quantity:**



## 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         |