

Recipe Name: QUINOA UPMA
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

QUINOA UPMA

Ingredients

1 cup Jowar seeds (soaked overnight) or Jowar rava 2-3 cups water (for cooking jowar) 1-2 tbsp oil or ghee ½ tsp mustard seeds ½ tsp cumin seeds (optional) 2 tsp urad dal (black gram lentils)
A pinch of asafoetida (hing)
5-6 curry leaves
1-2 green chilies, slit
1-inch ginger, grated or chopped
1 medium onion, chopped
1 cup mixed vegetables (e.g., carrots, green beans, peas, bell peppers), chopped
Salt to taste
Turmeric powder (optional)
2 tbsp fresh coriander, chopped
Lemon juice, to finish
Roasted peanuts (optional, for garnish)

Instructions

Preparation (If using whole jowar seeds)

Soak the jowar seeds overnight for better digestion and to reduce cooking time. Drain the excess water. Pressure cook the soaked jowar with 2-3 cups of water and a pinch of salt. Cook for 5-9 whistles, or until the grains are soft. Let the pressure release naturally.



(If using jowar rava, you do not need to soak/pressure cook. Simply roast the rava lightly in a pan before making the upma base, then follow the remaining steps, adding the rava and appropriate water as instructed in the search results.)

Making the Upma Base

Heat oil or ghee in a pan or kadhai over medium heat. Add mustard seeds, cumin seeds (if using), and urad dal. Let the mustard seeds splutter and the dal turn golden. Add curry leaves, green chilies, asafoetida, and chopped ginger. Sauté for about a minute until fragrant. Add chopped onions and sauté until they turn translucent. Add the mixed vegetables and sauté on high flame for a few minutes. You can cover and cook them for 2-3 minutes until tender. Add salt and turmeric powder if using, and mix well.

Combining and Finishing

Add the cooked jowar grains to the pan and mix well with the vegetable mixture. Let it cook for another 2-3 minutes to allow the flavors to combine. Turn off the heat. Garnish with fresh coriander leaves, a squeeze of fresh lemon juice, and roasted peanuts. Serve warm as a healthy breakfast, lunch, or dinner option

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	60	12	8	5