DietCloud – Recipe

Recipe Name: RAGI RAVA UPMA

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Ingredients:
1 cup Ragi Rava (finger millet semolina)2-3 cups Water2 tbsp Oil or Ghee1 tsp Mustard seeds1 tsp Cumin seeds (optional)1 tsp Chana Dal and Urad Dal (split lentils)A pinch of Asafoetida (hing)1 sprig Curry leaves1 medium Onion, chopped2 Green chilies, chopped (adjust to taste)½ cup chopped Vegetables (carrots, peas, beans, capsicum)Salt to tasteCoriander leaves, for garnishLemon juice (optional, for serving) Instructions: Prepare the Ragi Rava: Some recipes suggest dry roasting the ragi rava for a few minutes or soaking it for 15-30 minutes before cooking for a softer texture.Temper Spices: Heat oil or ghee in a large kadai (pan). Add mustard seeds, cumin seeds, chana dal, urad dal, and cashew nuts (if using) and fry until the lentils turn golden brown.Sauté Aromatics: Add asafoetida, curry leaves, chopped onions, and green chilies. Sauté until the onions are translucent. Add chopped ginger if desired.Cook Vegetables: Add your choice of chopped vegetables and sauté for a few minutes. You can add a little water and cover to cook them slightly.Combine Rava and Water: If you haven't pre-soaked the rava, add it to the pan with the vegetables and roast for a minute or two. Then, add hot water and salt. The recommended ragi rava to water ratio is generally around 1:2.5 or 1:3 depending on the desired consistency.Simmer: Mix everything well, cover the pan, and simmer on low-medium heat for 8-10 minutes, or until the water is absorbed and the rava is cooked. Stir occasionally to prevent sticking.Garnish and Serve: Turn off the heat. Garnish with fresh coriander leaves and an optional squeeze of lemon juice. Serve hot, possibly with a side of coconut

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	70	10	4	2