

Recipe Name: RAGI RAVA UPMA

Diet Type: Vegetarian

Course:

Cuisine: Indian

Quantity:



Description

Ingredients:

1 cup Ragi Rava (finger millet semolina) 2-3 cups Water 2 tbsp Oil or Ghee 1 tsp Mustard seeds 1 tsp Cumin seeds (optional) 1 tsp Chana Dal and Urad Dal (split lentils) A pinch of Asafoetida (hing) 1 sprig Curry leaves 1 medium Onion, chopped 2 Green chilies, chopped (adjust to taste) ½ cup chopped Vegetables (carrots, peas, beans, capsicum) Salt to taste Coriander leaves, for garnish Lemon 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