

Recipe Name: Quick and Easy Bread Upma Recipe
Diet Type: Vegetarian
Course: South Indian Breakfast
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 16 Whole Wheat Brown Bread	4
• 3 Tomatoes - chopped small	
• 2 Onions - thinly sliced	
• 2 Green Chillies - finely chopped	
• 1 teaspoon Sambar Powder	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Mustard seeds	
• 3 sprig Curry leaves	
• Salt - to taste	
• Butter - for cooking	
• 2 sprig Coriander (Dhania) Leaves - finely chopped	

Preparation

- To begin making the bread upma recipe, we will first toast the bread.
- You can toast it in your toaster or on a skillet.
- Once the bread is toasted, apply the softened butter over the toasted bread.
- Next cut the bread into small dices and keep aside.
- In a large wok or a kadai, heat 1 tablespoon of oil on medium heat and add in the mustard seeds.
- Allow the mustard seeds to crackle and add in the onions and green chillies.
- Saute the onions on medium heat, until soft and tender.
- Once the onions are soft, add in the tomatoes, curry leaves, turmeric powder and sambar powder.
- Stir and cook the tomatoes until they turn lightly soft as well.
- Finally add in the salt and the toasted buttered bread pieces.
- Stir well to combine all the ingredients and stir fry on medium to high heat for a couple of minutes.
- We stir fry just to make sure the bread pieces have got all the spices and salted well.



- Check salt levels.
- Remember the butter you used could have some salt as well.
- Stir in the chopped coriander leaves into the bread upma to get the delicious fresh flavour.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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