

Recipe Name: Khara Bhath Recipe-South Indian Rava Bhath

Diet Type:

Course: South Indian Breakfast

Cuisine: Karnataka

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Sooji (Semolina/ Rava)	2
• 1 Onion - finely chopped	
• 1 Tomato - chopped	
• 1 Green Bell Pepper (Capsicum) - chopped	
• 3/4 cup Mixed vegetables - (beans	
• 1 Ginger - finely chopped	
• 2 Green Chillies - slit	
• 3 teaspoons Vangi Bath Powder	
• 3 cups Water	
• 1/2 Lemon	
• Coriander (Dhania) Leaves - to garnish (as required)	
• Fresh coconut - grated to garnish (as required)	
• Salt - to taste	
• 1 teaspoon Mustard seeds	
• 1 teaspoon White Urad Dal (Split)	
• 1/2 teaspoon Chana dal (Bengal Gram Dal)	
• 1 Cashew nuts - few	
• 1 Curry leaves - few	
• 1 Dry Red Chillies - broken	
• 1 pinch Turmeric powder (Haldi)	
• Sunflower Oil - to cook	
• 1 tablespoon Ghee	

Preparation

- To start making the Khara Bhath Recipe, get all the ingredients handy.
- Start with dry roasting rava on medium flame in a pan and keep stirring to avoid darkening.
- Saute until roasted well and aromatic.



- Keep aside.
- To temper, pick all the required ingredients.
- Add oil and ghee in a kadai.
- Once hot, add mustard.
- Upon spluttering, add urad and chana dal.
- Once they seem crisp and lightly browned, add chopped onions and capsicum.
- Saute till tender and onions appear translucent.
- Add chopped veggies, a little salt, turmeric and saute till the vegetables becomes tender.
- Add vangibhath powder and mix well.
- Add 3 cups of water and salt.
- Once the mixture starts boiling, simmer the flame and gradually add roasted rava.
- While adding it in one hand, keep swirling and mixing the mixture to avoid lumps in Khara Bhath.
- Once all the rava is added and mixed, close the lid and wait for 2-3 minutes to allow the rava to be cooked.
- Switch off flame, scoop the Khara Bhat Recipe out and serve garnished with chopped coriander leaves and coconut.

Macronutrients

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