

Recipe Name: Mixed Millet Khichdi Recipe

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 cup Mixed millets - (mix of foxtail and kodo millet in equal parts)	4
• 1 Badi (wadi) - crushed	
• 1 Onion - finely chopped	
• 2 Tomatoes - chopped	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Methi Seeds (Fenugreek Seeds)	
• 1 tablespoon Kasuri Methi (Dried Fenugreek Leaves)	
• 1/4 teaspoon Asafoetida (hing)	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Ghee	
• Salt - to taste	

Preparation

- To begin making the Mixed Millet Khichdi, first measure out one cup of mixed millets, wash it thoroughly and leave it in a colander or fine-meshed sieve to drain.
- In a pressure cooker, warm the ghee in a pressure cooker on medium heat.
- To it, add the asafoetida and cumin seeds and allow it to crackle for a few seconds.
- Once the cumin seeds crackle, add in the chopped onions and saute until they have softened and turned translucent.
- Once the onions have softened, add in the chopped tomatoes and cook them until soft.
- Continue to saute for another 2-3 minutes till the masalas get well combined.
- Finally, add in the washed and drained millets to the cooker, saute for a minute.
- Add 5 cups of water, cover the pressure cooker and cook until you hear 2 to 3 whistles.
- After 2 to 3 whistles, turn the heat to low and simmer for about 3 to 4 minutes and turn off the heat.



- Check the salt and adjust to suit your taste.

Macronutrients

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