

Recipe Name: Chana Dal Khichdi Recipe
Diet Type: Vegetarian
Course: Dinner
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Rice	4
• 1/2 cup Chana dal (Bengal Gram Dal) - soaked and drained	
• 1/4 teaspoon Asafoetida (hing)	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 2 Green Chillies - sliced or chopped	
• 1/2 teaspoon Ginger - grated	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	

Preparation

- To begin making the Chana Dal Khichdi, wash the rice and chana dal with water.
- Soak each of them in water separately for about an hour.
- Heat a pressure cooker and add chana dal in it.
- Cook it till the cooker releases 1 whistle as we want to cook the dal only half.
- Once done, switch off the heat and keep it aside.
- Heat oil in a wide pan, add bay leaf, cumin seeds, cinnamon and asafoetida.
- salute it for about 30 seconds.
- After 30 seconds, add green chillies and ginger and cook them until the ginger is cooked very well.
- Add rice, cooked chana dal, turmeric powder and salt according to taste and cook for a minute.
- After a minute, add 2 cups of water.
- Mix it well and cook it for about 20-25 minutes on a medium flame till it becomes dry and tender.
- Once done, garnish it with some chopped coriander leaves.



Macronutrients

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