



Healthy Mix-veg Khichdi

Tell the story of the recipe...

Ingredients

How many servings?

- 1 cup Rice
- 1 cup Moong dal
- 1/2 cup Chopped capsicum
- 1/2 cup Green peas
- 1/2 cup Chopped potato
- 1 cup Chopped tomato
- 1 Green chilly
- Salt
- Asafoetida
- Mustard seeds
- Cumin seeds
- 1 tbsp Curry leaves
- 1 tsp Ghee

Steps

How long to cook?

- 1 Soak Moong dal & Rice for about 1/2 hour.
- 2 Add soaked rice & chopped vegetables in
- 3 Add salt and water & pressure cook.
- 4 After 2 whistles turn off gas stove.
- 5 Take tempering pan & add ghee in it. Put it on gas stove. Once ghee melts, add cumin seeds, mustard seeds, asafoetida, curry leaves. When it starts to crackle add it to cooked khichdi.
- 6 Serve hot with curd/buttermilk.

