



## Vegetable Rava Upma Recipe

### Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- Cup Rava (Sooji)
- Tablespoon Ghee
- Tablespoons Oil
- Tablespoons Groundnut (Roasted)
- Tablespoon Chana Dal
- Tablespoon Sabut Urad Dal
- Teaspoon Mustard Seeds
- Teaspoon Cumin Seeds
- Green Chillies (Chopped)
- Coriander Leaves (Chopped)
- Onion
- 1/2 1/2 Cups Water
- Pinch Salt (To Taste)
- Onion
- Cup Steamed Vegetables (Carrots, Beans, Peas, Cauliflower)
- Tablespoons Coriander Leaves (Chopped)

### Instruction

1. Prepare ingredients as mentioned in the list.
2. Roast rava in 1 tablespoon ghee till you get a nice aroma of the roasted rava.
3. Heat the oil in a karahi, add peanuts and roast them till they turn brown. Remove it from karahi and keep aside.
4. In the same oil, add chana dal, urad dal, mustard seeds, jeera, green chillies and fry till golden brown. Add curry leaves and onion, fry the onion till transparent. Add the steamed vegetables and mix well
5. Add water, MAGGI Masala-ae-Magic and salt and bring it to a boil. When the water starts boiling, reduce the flame and add roasted rava and mix continuously till there are no lumps. Cook for 5 minutes while stirring occasionally.
6. Put it off the flame and add roasted peanuts, mix well. Garnish with fresh coriander leaves and serve hot.

### Nutrition

Carbohydrates	48 g
Energy	357.24 kcal
Fats	14.97 g
Protein	11.46 g

45 Minutes

4 Servings