



WELLNESS ROOTS

By Kavita Sabhnani



Mixed Millet Khichadi

Ingredients

Mixed Millets (mix of foxtail and Kodo millet in equal parts)	½ cup
Moong Dal	½ cup
Sprouts	½ cup
Water	2 ½ cup
Mixed veggies (bell pepper, carrots, beans, capsicum, green peas)	1 cup
Finely chopped Onion	1
Chopped Tomatoes	2
Cumin seeds (Jeera)	1 tsp
Methi Seeds (Fenugreek Seeds)	½ tsp
Kasuri Methi (Dried Fenugreek Leaves)	1 tbsp
Ginger Grated	1 tsp
Asafoetida (hing)	¼ tsp
Red Chilli powder	1 tsp
Ghee	1 tsp
Salt	As per taste

Preparation

1. To begin making the Mixed Millet Khichdi, first measure out half cup of mixed millets, moong dal wash both thoroughly and leave it in a colander or fine-meshed sieve to drain.
2. 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.
3. Once the cumin seeds crackle, add in the chopped onions and saute until they have softened and turned translucent.
4. Once the onions have softened, add in the chopped tomatoes and all vegetables cook them until soft.
5. At this stage, add the salt, chilli powder, turmeric powder, kasuri methi and crushed. Continue to saute for another 2-3 minutes till the masalas get well combined.
6. Finally, add in the washed and drained millets to the cooker, saute for a minute. Add 2 ½ 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.
7. Allow the pressure to release naturally. Once the pressure releases, open the cooker and give the Mixed Millet Khichdi a good stir. Check the salt and adjust to suit your taste.

