Masala Beetroot Roti

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Beetroot is rich in iron, vitamins, and antioxidants, making these chapatis not just flavorful but also very healthy.

INGREDIENTS:

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  Whole wheat flour: 2 cups (plus extra for dusting)

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  Beetroot: 1 medium-sized, grated

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  Cumin seeds: 1 teaspoon

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  Ginger-garlic paste: 1 teaspoon

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  Green chili: 1, finely chopped (optional)

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  Coriander leaves: 2 tablespoons, finely chopped

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  Turmeric powder: 1/2 teaspoon

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  Red chili powder: 1/2 teaspoon (optional)

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Salt: to taste

PREPARATION:

- Mix Dry Ingredients: In a large mixing bowl, combine the whole wheat flour with turmeric powder, red chili powder, and salt.

- Add Beetroot and Spices: Add the grated beetroot, cumin seeds, ginger-garlic paste, green chili, and coriander leaves. Mix well.

- Knead the Dough: Gradually add water and knead to form a soft, pliable dough. The moisture from the beetroot will also help in binding, so add water cautiously.

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  Rest the Dough: Let the dough rest for about 15-20 minutes, covered.

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  Roll and cook the rotis as usual.

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  Serve hot.