











Rawa Upma

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INGREDIENTS:

-  1 cup Annapurna Suji
-  1 onion (finely chopped)
-  1 green chili (chopped)
-  1/2 inch ginger (grated)
-  1/4 cup peas (optional)
-  1/4 cup carrots (chopped, optional)
-  1/4 cup beans (chopped, optional)
-  2 tbsp oil
-  1 tsp mustard seeds
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1 tsp urad dal



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1 tsp chana dal



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A few curry leaves



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2 1/2 cups water



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Salt to taste



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1 tbsp ghee



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1 tsp lime juice



PREPARATION:



Heat oil in a pan and add mustard seeds, urad dal, and chana dal. Fry 1 minute.



Add curry leaves, chopped onion, green chili, and ginger. Sauté until onions turn translucent



Add chopped vegetables (if using) and cook for a few minutes.



Add suji and roast until it turns light golden.



Reduce heat to low. Add water slowly while continuously stirring, to avoid lumps. Now add salt, and keep stirring until the upma thickens. Add additional water if you find it's too thick and keep stirring till you get the consistency you like. Remove from heat, add the ghee and lime juice and stir.



Serve hot with coconut chutney.