

Sooji Upma

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/split-black-lentil-indian-recipe>

Ingredients:

- 1/4 cup cooking oil
- 2 dried red chile peppers broken into pieces
- 2 tablespoons cashews
- 1 tablespoon split black lentils skinned, urad dal
- 1 teaspoon bengal gram split, chana dal
- 1 teaspoon mustard seed
- 1 pinch asafoetida powder
- 1 cup chopped onion
- 3 chile peppers green, sliced into thin rings
- 1 sprig fresh curry leaves
- 4 cups water
- 1 tomato finely chopped
- 1 tablespoon fresh ginger root minced
- salt to taste
- 2 cups rava semolina, sooji
- 3 tablespoons fresh lime juice or to taste
- 2 tablespoons ghee clarified butter

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 5 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 2 grams
8. Sodium: 340 milligrams
9. Sugar: 3 grams

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