

Leafy vegetable (Rich in calcium)

Ingredients

- Leached Vegetables
95 % -As required (Except green banana)
- Pulses
5 (Except Red gram and horse gram)
- Onion-1
- Tomato-1
- Coriander Paste-1 tbsp
- Mint Leaves Paste-1 tbsp
- Green Chilli-3
- Ginger & Garlic Paste-1 tbsp
- Garam Masala To taste
- Turmeric Powder-¼ tsp
- Water 400 ml or 2/3rd of all the ingredients



Preparation Guide

- Chop the chillis, onion and the tomato (remove the seeds from the tomato)
- Add all the ingredients in a pressure cooker
- Leached Vegetables/ Leafy vegetables and pulses boil it and remove the stock
- After that put all other ingredients of masala (spices) as mentioned in sl no 3 to 10 and boil it properly and give tadaka (tempering) with few drops of oil less than ½ tea spoon
- Do not add salt

Vegetable Curry

Ingredients

- Leached Vegetables
95 % -As required (Except green banana)
- Pulses
5 (Except Red gram and horse gram)
- Onion-1
- Tomato-1
- Coriander Paste-1 tbsp
- Mint Leaves Paste-1 tbsp
- Green Chilli-3
- Ginger & Garlic Paste-1 tbsp
- Garam Masala To taste
- Turmeric Powder-¼ tsp
- Water 400 ml or 2/3rd of all the ingredients



Preparation Guide

- Chop the chillis, onion and the tomato (remove the seeds from the tomato)
- Add all the ingredients in a pressure cooker
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- Do not add salt