



# rava upma

by Maithreyi Satish

if you have any questions,  
please send an email to  
[maithreyicooks@gmail.com!](mailto:maithreyicooks@gmail.com)

**SERVINGS :**  
2 - 3

**PREP TIME :**  
15 MINUTES

**TOTAL TIME :**  
30 MINUTES

**NOTES :**

## INGREDIENTS

- 1 cup Semolina
- 1.5 tsp Channa Dal
- 2 tbsp Coconut Oil
- 1 tsp Mustard Seeds
- 1 inch, finely grated Ginger
- 2-3 chopped Green Chillies
- 1 medium Onion
- 1 Green Bell Pepper
- 1 Carrot
- 1 Potato
- 1 medium Tomato
- 10 Curry Leaves
- A pinch of Asafoetida
- 1 tsp Ghee
- Salt

