

Recipe

Vegetable Kootu

By

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Ingredients

- Veggies (cluster beans, French beans, chayote squash, avrekai, snake gourd, peas) - 3 cups
- Moong dal (Split Green gram dal - ¼ cup
- Green Peas - ¼ cup
- Turmeric powder - 1 tsp
- Kootu powder - 2-3 tsp
- Milk - ¼ cup (Optional)
- Salt as required
- For Seasoning
- Black gram dal - 1 tsp
- Curry leaves - 2-3 Strings
- Pure ghee - 2 tsp

Preparation

1. Wash and chop all veggies. Cook cluster beans (gavar), French beans, chayote squash, avrekai, snake gourd in a broad based bowl on medium flame adding little salt to it.
2. Take care that the veggies are not over cooked.
3. Cook moong dal in the cooker separately till soft adding a pinch of turmeric powder and a little oil, so that it cooks faster.
4. Put a skillet adding 2 tsp of pure ghee in it on medium flame.
5. When it becomes hot, add black gram dal to it. When fried add curry leaves and let them splutter.
6. Add cooked veggies from step and cooked moong dal also.
7. Add salt and 3 tsp kootu powder.
8. Add water as required and a very little milk (if needed).
9. Simmer it until completely cooked.
10. On cooling it will turn thicker and tastier.
11. You can serve it with Rice and Papad.

Serves

4-5 Persons

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Hare Rama Hare Rama Rama Rama Hare Hare**