Breakfast, Indian

Savory Sorghum and Vegetable Porridge

A warm, savory porridge made from coarsely ground sorghum, cooked until creamy and folded together with spice-tossed mixed vegetables. Each bowl is finished with a fresh scattering of tomato, onion and coriander.



Vegan | Dairy free

40 min	98	17.7 g	0.9 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/2 cup coarsely powdered jowar (white millet)
- [ ] salt (namak) to taste
- [ ] 1 tsp oil
- [ ] 1 cup chopped mixed vegetables
- [ ] 1/2 tsp mustard seeds (rai / sarson)
- [ ] a pinch of asafoetida (hing)
- [ ] 2 tbsp finely chopped tomatoes
- [ ] 2 tbsp finely chopped onions
- [ ] 2 tbsp finely chopped coriander

Method

- [ ] 1 Grind 1/2 cup of jowar in a mixer to a coarse powder so you have 1/2 cup of coarsely powdered jowar.
- [ ] 2 Combine the coarsely powdered jowar, a little of the salt and 3 cups of water in a pressure cooker and mix well.
- [ ] 3 Pressure cook for 4 whistles, then let the steam escape completely before opening the lid.
- [ ] 4 Heat the oil in a deep pan and add the mustard seeds and asafoetida.
- [ ] 5 Once the mustard seeds crackle, add the chopped mixed vegetables and saute over a medium flame for 3 to 4 minutes.
- [ ] 6 Add the cooked jowar mixture, 11/2 cups of water and a little more salt, mix well and simmer for 8 to 10 minutes, stirring occasionally.
- [ ] 7 Spoon into serving bowls, scatter the finely chopped tomatoes, finely chopped onions and finely chopped coriander over the top and serve immediately.
- [ ] 8 If the porridge turns out too thick when serving, stir in a little water to loosen the consistency.

Nutrition Facts

Per serving

Calories	**98**
Total fat	1.7 g
Saturated fat	Not listed
Sodium	9 mg
Total carbs	17.7 g
Fiber	3.5 g
Total sugars	0.9 g
Protein	3.1 g

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