

# Cracked Wheat with Vegetables

## Dalia Upma

- 1 cup cracked wheat / dalia
  - 2 cup water
  - 2 tsp oil
  - 1/2 tsp mustard seeds
  - 1/2 tsp cumin seeds
  - ¼ tsp turmeric
  - 2 pinch asafoetida
  - 8-10 curry leaves
  - ½ tsp coriander powder
  - 1 tsp grated ginger
  - 1 1/2 cups vegetables - chopped - eg potato, carrot, cabbage, cauliflower, tomato
  - Lemon juice
  - Fresh coriander leaves – chopped,
  - Fresh grated coconut
  - Sugar, salt
1. Roast the wheat in a pan for 10 to 15 minutes till it turns pinkish brown then remove it from the pan.
  2. Heat the oil and then add mustard seeds. When they pop add the cumin seeds, turmeric, asafoetida, curry leaves, ginger and coriander powder.
  3. Add the chopped vegetables. Some may need to be added first if they take longer to cook. Add a little water so they do not stick.
  4. When the vegetables are half cooked add the remaining water and wheat. Cover and cook for 10 minutes.
  5. Remove the lid and fry for 2 to 3 minutes.
  6. Add sugar and salt to taste plus lemon juice, coriander leaves and fresh coconut.

