

## **Quinoa Khichari or Soup**

( Recipe by Anju Kapadia)

( Note: Quinoa grain is gluten-free grain and a good source of protein)

### **Ingredients:** Serves 3-4

- Half cup Quinoa soaked for 30- 60 minutes and rinsed well in a sieve ( soaking and rinsing are necessary to remove the bitterness in the skin).
- Half cup split moong dal with skin or the whole moong soaked overnight
- One- two-tablespoon ghee.
- Half teaspoon mustard seeds
- Half teaspoons cumin seeds.
- Red chilies pods to taste
- Half teaspoon turmeric
- Pinch of Asafoetida
- 8-10 curry leaves
- Salt to taste
- Half cup diced or grated carrots.
- Half cup green peas shelled
- Lemon juice to taste
- Four to 6 cups of water based on the final desired thickness consistency of the preparation.

### **Garnish**

- Few sprigs of fresh coriander leaves

### **Preparation**

Take a large pan, add the water. Once the water comes to boil add soaked and rinsed quinoa and soaked moong dal. Let the mixture boil then simmer until dal is soft. Add the salt while simmering. Once the quinoa and lentil mixture is cooked add the tadka ( garnish prepared as described below.

Heat the ghee in a skillet. Add mustard seeds first as these crackles add cumin seeds, red chili pods, curry leaves, asafoetida, carrots and green peas, and turmeric. Add the tadka with vegetable garnish to the cooked quinoa, lentil, mixture. Check for salt at the end.

Add lemon juice and fresh coriander garnish before serving.