

## Dalia Upma

2 cups dalia/cracked wheat/bulgur  
2 tbs olive oil  
10-12 karipatta  
1 tsp mustard seeds  
1/2 tsp turmeric/haldi  
1/2 tsp garam masala  
4-5 green chillies (chopped)  
1/2" ginger (grated)  
1 onion (chopped)  
1 tomato (chopped)  
1 carrot(optional) (peeled & chopped)  
1 cup shredded cabbage(optional)  
1 1/2 cups soya beans/shelled edame  
4 cups of water  
salt to taste  
1 lime juice or roasted peanuts or fresh grated coconut for garnish

### Process:

1. Dry roast the dalia in a non stick pan on low heat for 10 minutes
  2. Put oil in a pressure pan or kadai and heat for a few seconds
  3. Put in the mustard and wait till splutters
  4. Add the karipatta, green chillies, turmeric till the spluttering stops
  5. Add the onion and saute till it turns transparent
  6. Add ginger and cook for a minute
  7. Add tomato, carrots, cabbage, soya beans
  8. Boil water add salt to taste add the garam masala
  9. Pour boiling water into the pressure pan with the dalia and vegs
  10. Cover the mixture and cook for 10 minutes
  11. when done garnish with lime (or peanuts or coconut)
- serve with dhali or yogurt and pickle.  
and enjoy....

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