

Usal / Matki/ Mug

Makes- 4 cups

Ingredients

- ½ teaspoon mustard seeds
- ½ teaspoon Cumin seeds
- 1 onion, chopped
- ½ teaspoon garlic, crushed
- ¼ teaspoon ginger, crushed
- 1 spring curry leaves
- 1 teaspoon green chillies, chopped
- Pinch of asafoetida
- ½ teaspoon turmeric powder
- 1 teaspoon red chilly powder
- 1 teaspoon red chilly powder
- 1 cup Moth beans-matki(sprouted beans)
- 1 Tomato, chopped
- ½ Coriander leaves, chopped
- Salt , to taste
- 1 tablespoon oil

Recipe:

- Heat oil in pan and add mustard seeds, cumin seeds, onion, garlic, ginger, curry leaves and saute it.
- On low flame add green chillies, asafoetida, turmeric powder, red chili powder, red chili powder, moth beans and saute it.
- Add water and mix thoroughly and place the lid and cook it for 15 minutes.
- In the end, add tomato, coriander leaves and mix thoroughly and cook it.