**Upma**

**Ingredients**

***Protein, Carbs, Fat***

1 cup split chickpeas-soaked

1 cup water

1 pinch of salt

½ cup raw peanuts

3 tbs oil of your choice

1 cup semolina

3 cups water

***Spices***

1 tsp cumin seeds

2 tsp mustard seeds

2 dried chilies (optional for heat)

¼ cup curry leaves

1 tsp chili flakes

1 tsp black pepper

1 tsp turmeric

1 tsp salt

***Vegetables***

1.5 cup cut cauliflower

2 stalks of green onions with bulbs - chopped

¾ cup green beans – cut into 1-inch pieces

¾ cup hot green peppers (optional for heat)

½ cup frozen peas

1 1/3 cup chopped tomato

***Toppings/garnish***

1 handful coriander (or parsley, or whatever you prefer) for garnish

**Instructions**

1. In a pot, add 1 cup of water, chickpeas, and 1 pinch of salt. Stir, cover, and cook on high for approximately 6 minutes (to desired texture). Do not strain.
2. In a large pot add oil and turn heat on to low-medium. Add peanuts, and stir constantly so they don’t burn
3. Once the “crackling” stops, take out the peanuts and set aside. Reduce heat to low
4. To the large pot add mustard seeds, cumin seeds, curry leaves, and dried peppers. Stir until “crackling” stops
5. Once “crackling” stops, add the cauliflower. Stir and cover for 1-2 minutes
6. Turn up the heat to low-medium and add onion. Cook 1-2 minutes
7. Reduce the heat and add the green beans. Stir, cover, and cook for 1-2 minutes
8. Add the chopped tomatoes, stir and cover
9. In a separate pot, heat to medium and add semolina to roast/toast for approximately 8 minutes. You will know it’s ready by the smell and/or by how “grainy” it looks. Continue to stir every so often so it doesn’t burn
10. In the vegetable pot (the large pot), add the turmeric, chili flakes, and pepper. Stir.
11. Add the peas and stir.
12. Add 3 cups of water and 1 tsp of salt to the veggies and bring to a boil
13. Add the roasted peanuts and chickpeas to the veggie mixture and stir
14. Add the semolina in 3 parts and stir between each part. This will thicken the mixture and it will thicken relatively quick
15. Top with coriander and serve!

Yields: 7.5 cups