Ingredients

Quantity:	Measure:	Ingredients:
2	Pinch	Asafetida (Hing)
1	Nos	Brinjals - black shiny
1	Small	Cabbage - Green
1	Large	Capsicums - Green
1	Nos	Carrots
4-5	Medium	Chillies Green
1	Teaspoon	Chilly Powder, Red
3	Tablespoon	Cooking Oil
1/2	Bunch	Coriander Leaves (Kothmeer)
1	Teaspoon	Coriander Powder
1/2	Teacup	Dhal, Chana
1	Teacup	Dhal, Moong
100	Grammes	French beans
2-3	Flakes/Seeds/Cloves	Garlic
1	Tablespoon	Ghee
1	Bunch	Khatta Baji (sour)
100	Grammes	Lady Fingers
1	Large	Onion
1	Medium	Potatoes
1/2	Teaspoon	Salt
1	Bunch	Spinach (Palak)
1	Large	Tomatoes
1/2	Teaspoon	Turmeric Powder

Method

Clean and wash dhals.
Clean, wash and chop spinach and vegetables except tomato.
Heat oil in a pressure cooker, add all the vegetables, spinach and dhals.
Mix well, add enough water to cover the contents.
Add all masalas and mix.
Place whole tomato on top, cover and pressure cook for 3 whistles.

Cool the cooker, open and hand-blend the contents.
Heat 1/2 tbsp. ghee add a pinch of asafoetida add to the mashed vegetable.
Serve hot with Paratta or steamed rice