

Vegetable Powder

Written by Mother's Touch

Ingredients

Quantity	Measure	Ingredients
1	Kilogram	Chillies Red Dry
500	Grammes	Coriander/Dhania
4	Tablespoon	Jeera/Cumin Seeds
2	Tablespoon	Mustard Seed
2	Tablespoon	Pepper Corns
4	Inch	Turmeric/Haldi
4	Tablespoon	Dhal, Moong
4	Tablespoon	Rice, Boiled (ukda chawal)
4	Tablespoon	Teel. (Sesame Seeds)
4	Tablespoon	Dhal, Chana (Kabuli chana)
2	Teaspoon	Methi - Fenugreek

Method

Dry all the ingredients in the sun 2 - 3 days. Roast each ingredient individually and separately, on a hot thawa, and keep aside. Then put them in a dry grinder, and grind them to a fine powder.

Large quantities of ingredients can be ground at the professional grinding mills. Alternately you may choose smaller proportions and grind the amount you require.