

Sooji Oats Tomato Upma

A nutritious and flavorful dish combining the goodness of semolina (sooji) and oats with tangy tomatoes and spices. Perfect for a quick breakfast or a light meal!


15 min

Total time

easy

Difficulty

300

kcal / serving

Ingredients

- 1/4 cup Sooji (semolina)
- 1/4 cup Oats
- 1 small Tomato, chopped
- 1/2 tsp Jeera (cumin seeds)
- 1/4 tsp Chilli powder
- Salt to taste
- 1 cup Water
- 1 tsp Oil
- Fresh coriander for garnish (optional)

Steps

- 1 Heat oil in a pan over medium heat.
- 2 Add jeera and let it crackle.
- 3 Add chopped tomato and sauté until soft.
- 4 Stir in the sooji and oats, and roast for 2-3 minutes until golden.
- 5 Add chilli powder and salt, mixing well.
- 6 Pour in the water, bring to a boil, and stir continuously to avoid lumps.
- 7 Cook until the mixture thickens and the water is absorbed, about 5 minutes.
- 8 Garnish with fresh coriander if desired and serve hot.