



Towards a new dawn

Ministry of Women and Child Development
Government of India

PEAS GHOOGHNI



INGREDIENTS:



- **Dry Peas** -
100g



- **Coriander
Leaves** - 2g



- **Potatoes** -
100 g



- **Fat/Oil** -
10g



- **Onions** -
25g



- **Turmeric Powder**
- As per taste



- **Water** - As
Required



- **Salt** (if
required)

Instructions

- Soak some dry peas overnight in warm water.
- Add some water to a pressure cooker and cook the soaked peas for six whistles.
- Take some water in a vessel and boil the potatoes until cooked.
- Chop the onion and the boiled potatoes into small pieces.
- Heat some oil in a pan, add the chopped onion, and saute until golden brown.
- Now add the boiled peas, potatoes and chopped coriander leaves to the pan.
- Add turmeric powder and cook for a few minutes.
- Allow the ghooghni to cool before serving.

WHY IS IT HEALTHY FOR YOUR CHILD?



- **Good source of Folate**



- **Good source of protein**



- **Good source of
magnesium**