

**Recipe- Tamatar saag/ subzi/  
chutney (No Onion No Garlic)**

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**Recipe- Papad ka Paratha**

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**Recipe- Churmur paratha**

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**Recipe- Mirch ka Salaan (Jain  
Style/ No Onion No Garlic)**

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**Recipe- Lauki Kofta Curry**

**(Jain Style/ No Onion No  
Garlic) (No fry Kofta)**