

# Recipe- Vegetable Cheela

## Suji Vegetable Cheela

### Ingredients (4 nos)

Suji/ Semolina 1 cup

Curd 2 tbsp

Crushed black pepper 1 tsp

Salt 1 tsp or according to taste

Chopper onion 1 medium

Chopper tomato 1 medium

Chopper capsicum 1 medium

Chopped potato 1 small

Chopped paneer 2 tbsp

Ghee/ Oil to fry

### Method

- Take suji in a deep bowl add curd and salt and mix well.
- Add sufficient water to make a medium thick paste.
- Cover and keep aside for 1-2 hours.
- Add chopped vegetables, black pepper and pinch of salt mix well.
- Heat non stick tawa on a medium flame.
- Apply 1 tsp ghee or oil on the tawa and wipe with a clean cloth.
- Pour some mixture (around 3-4 tbsp) over the tawa and spread in a round shape.
- Apply ghee or oil on the sides and cover with a lid. Turn the flame to low.
- Check in 2-3 minutes if upper side of cheela is cooked turn carefully and let this side also cook.
- Flip again if needed, when looks crispy on both sides serve hot with ketchup.

### Tips

You can use yellow or red capsicum as well to make the dish more colorful.

You can use your choice of vegetables.

according to your child taste and tolerance.