

Ingriends

	Quantity:	Measure:	Ingredients:	Descrip
	100	Grams	Pumpkin, White-Green	
2		Tablespoon	Cooking Oil	
1		Small	Coconut	Grind
1		Teaspoon	Jeera/Cumin Seeds	Grind
20		Medium	Chillies Green	slit in two
10		nos	Chillies Red Dry	Grind
1		Teacup	Curds	thick
100		Grams	Sweet Potatoes	
100		Grams	Suran	
50		Grams	Carrots	
50		Grams	French beans	
1		Small	Snake Gourd	
3		nos	Potatoes	
2		nos	Drumsticks	

Method

Grind the red chillies, jeera and coconut coarsely, and keep aside. Cut all the vegetables, into small ieces, wash and boil. When boiled, add ground masala, green chillies, and simmer. Add thick curds and oil and keep down