

Healthy food recipes

(Food recipes served at Nisargopachar Kendra)

Note: the recipes given below are for 5 people.

Recipes:-

1. Salted Daliya:-

Wheat bulgar - 150 gms

Onion - 1 medium

Cumin seed - ½ spoon

Curry leaves - few leaves

Green gram pulse - 50 gms

Potato - 1 medium

Salt - to taste

Peas/ black eyed beans /red gram
(seasonal) - 50 grams

Carrots - 2 medium

Turmeric powder - ½ spoon

Oil - ½ spoon

water - 5 cups

Method:

1. Wash and soak green gram pulse for half an hour in water.
2. Wash all the vegetables and chop into small pieces.
3. Heat oil and cumin seed in a cooker and allow it to crackle.
4. Add all the vegetables and curry leaves and saute it for 3 minutes.
5. Add green gram pulse and saute it for 2 minutes.
6. Add wheat bulgar, salt, turmeric and water.
7. Stir everything and pressure cooks it for 3 whistles.
8. Serve hot and yummy khari thuli

Note: - all seasonal vegetables can be used.

2. Chapatti:

Wheat flour - 300 grams

Water - as required

Method:

1. Sieve the flour. Add water to make soft dough.
2. Cover the dough and leave it for 2-3 hours.
3. Before making chapattis, properly knead the dough.
4. Make equal round balls.
5. Make chapattis.

3. Vegetable Khichdi:-

Rice - 150 gms

Onion - 1 medium

Mustard seed - ½ spoon

Salt - to taste

Seasonal peas - 50 grams

Green gram pulse - 50 gms

Potato - 1 medium

Cloves - 3 - 4 pieces

Curry leaves - few leaves

Carrots - 2 medium

Ghee - ½ spoon

Turmeric - ½ spoon

Water - 5 cups

Method:

1. Wash and soak green gram and rice for half an hour in water.
2. Wash all the vegetables and chop into small pieces.
3. Heat ghee, mustard seeds and cloves in a cooker and allow it to crackle.
4. Add all the vegetables and curry leaves and saute it for 3 minute.
5. Add the mixture of green gram pulse and rice, saute it for 2 minutes. Add salt, turmeric and water.
6. Mix everything well and pressure cook it for 3 whistles. Serve hot with Kadhi / soup.

4. Kadhi :-

Curd - 250 gm
Garlic - 4 - 5 pieces
Curry leaves :- few leaves
Water - as required

Wheat flour - 3 spoon
Ghee - ½ spoon
Salt - to taste
fresh coriander leaves - few leaves

Ginger - 1 small piece
Cumin seed - ½ spoon
Jaggery - to taste
Cloves - 4 - 5 piece

Method:

1. Take curd, wheat flour and water to mix them well.
2. Add ginger & garlic paste, salt and jaggery. Let it boil for 5-7 minutes.
3. Heat ghee, cumin seed, cloves in a small vessel and allow it to crackle.
4. Then add curry leaves and pour it in the curd mixture.
5. Again boil it for few minutes.
6. Garnish it with fresh coriander leaves.
7. Serve hot with hotch potch / pulav / rice.

5. Dhokdi:-

Black eyed beans /cluster beans
/peas/sprouted green gram - 100 gm

Coriander & cumin seed powder - ½ spn

Green coriander leaves :- few leaves

Wheat flour - 250 grams
Thyme seed - ½ spoon
Ginger - 5 to 6 pieces
Curry leaves - few leaves

Turmeric - ½ spoon
Garlic - 6 to 7 pieces
Salt - to taste
Jaggery - as per taste

Oil - ½ spoon
Lime - to taste

Method:

1. Mix wheat flour, salt, turmeric, thyme seed, water to make soft dough.
2. Heat oil in the pressure cooker and add garlic ginger paste, curry leaves and sufficient water.
3. Add salt, turmeric and jaggery.
4. Add vegetables in boiling decoction on slow flame.
5. Make equal balls and roll chapattis. Cut them into diamond pieces one by one and add them into the boiling decoction.
6. Pressure cook it for 1 whistle.
7. Once the cooker cools down open it and add lemon juice, coriander & cumin seed powder.
8. Garnish it with fresh coriander leaves.
9. Eat hot & tasty dhokdi.

6. Thepla:-

Wheat flour - 250 gm
Garlic - 7 to 8 flakes
Thyme seed - ½ spoon

Spinach / bottle gourd / fenugreek
leaves - 200 gm
Jaggery - to taste
Turmeric - ½ spoon

Ginger - 1 piece
Curd- to taste
Salt - to taste

Method:-

1. Sieve wheat flour. Add finely chopped vegetables. In case of bottle gourd grate it.
2. Add all the ingredients and knead proper dough. Add water as required.
3. Make thepla (like chapattis) and serve hot.

7. Masala rotla:-

Bajra flour - 300 gm
Turmeric - ½ spoon

Ginger - small pieces
Thyme seed - ½ spoon

Salt - to taste

Method:-

1. Sieve bajra flour.
2. Add ginger garlic paste, turmeric, thyme seed and salt.
3. Add water and knead dough.
4. Make rotla and serve hot.

8. Sweet Daliya:-

Wheat bulgar - 300 gm
Dry grapes - 10 to 12

Jaggery - 150 gm
Ghee - ½ spn

Cardamom - 5 to 6 pieces
Water - 1 litre

Method:-

1. Add 1 litre water and jaggery in cooker and bring it to boil.
2. Rub ghee to the wheat bulgar.
3. Add grapes and wheat bulgar to the boiling water.
4. Pressure cook it for 3 whistles.
5. Once it is cool open the lid and adds cardamom powder.

9. Rice bulgar:

Rice bulgar - 200 gm
Capsicum - 1
Cumin seeds - 1 pinch
Salt - to taste

Carrot - 1
Curd - 3 spoon
Beet root - 1

Onion - 1
Oil - ½ spoon
Curry leaves - few leaves

Method:-

1. Wash rice bulgar.
2. Wash vegetables and chop them.
3. Heat oil and cumin seed in a cooker and allow it to crackle.
4. Add curry leaves and vegetables. Stir it for 2 minutes.
5. Add rice bulgar and salt.
6. Add plenty of water and pressure cook till 4 whistles.
7. Before serving add curd and mix it properly. Leave this mixture for few minutes.
8. Serve hot and yummy rice bulgar.

10. Pulaav:-

Rice - 300 gm
Onion – 1
Salt - to taste

Carrot - 2
Capsicum – 1
Water - as required

Potato – 1
Curry leaves - few leaves
Beet - optional

Method: -

1. Cook rice separately.
2. Wash and chop vegetables into long strips.
3. Heat oil and cumin seed in a cooker and allow it to crackle.
4. Add all the vegetables and pressure cook it for one whistle.
5. Add the cooked vegetables, salt and rice together and mix well.
6. Serve hot.

11. Poha:-

Flattened rice - 300 gm
Carrot - 2
Oil - ½ spoon
Salt - as taste
Lemon - to taste

Potato - 1
Turmeric - ½ spoon
Cumin seed - ½ spoon
Green coriander – few leaves

Capsicum – 1
Pomegranate –half piece
Asafoetida - 1 pinch
Curry leaves – few leaves

Method:-

1. Wash all the vegetables and chop them .
2. Steam cook all the vegetables except capsicum.
3. Wash flattened rice and drain all water.
4. Heat oil and cumin seed in a vessel and allow it to crackle.
5. Add capsicum and other vegetables. Saute it for one minute, then add asafoetida powder, curry leaves, turmeric powder, salt, lemon juice and washed flattened rice. Mix it well.
6. Garnish it with coriander leaves and pomegranate.
7. Eat hot & tasty flattened rice.

12. Muthia:-

Coarse wheat flour - 300 gm
Garlic - 6 to 7 flakes
Turmeric - ½ spoon

**Spinach/calabash/bottle
gourd/fenugreek leaves - 250 gm**
Jaggery - to taste
Thyme seed - 3 to 4 spoon

Ginger - small pieces
Curd - 3 to 4 spoon
Salt - to taste

Method:

1. Wash and chop vegetables. If bottle gourd, grate it.
2. Make ginger garlic paste.
3. Mix all the ingredients with wheat flour and knead soft dough.
4. Make oval shaped small muthia and steam cook it for 45 to 50 minutes.
5. Serve hot & yummy muthia.

Vegetables

1. Pointed gourd – potato Sabji:

Pointed gourd – 1 kg	Potato - 100 gm	Oil - ½ spoon
Cumin seed - ½ spoon	Turmeric - ½ spoon	Salt - to taste
Curry leaves - few leaves	Lemon - ½ piece	Green coriander - few leaves
Coriander- cumin seed powder 2 spn		

Method:

1. Wash & chop pointed gourd & potatoes.
2. Heat oil and cumin seed in a cooker and allow it to crackle.
3. Add curry leaves, asafoetida, chopped vegetables, all the spices and half cup of water.
4. Pressure cook for two whistles.
5. Add lemon juice & fresh coriander after removing from flame.
6. Serve & enjoy hot pointed gourd & potato.

2. Spinach - Sprouted beans / green gram Sabji:

Spinach – 1 kg	Sprouted green gram - 150 gm	Oil - ½ spoon
Ginger - small piece	Garlic - 5 to 7 flakes	Cumin seed – ½ spoon
Salt - to taste	Asafoetida – pinch	Turmeric - ½ spoon
Coriander-cumin seed powder 2 spn		Lemon - half

Method:

1. Wash & chop spinach.
2. Heat oil and cumin seed in a cooker and allow it to crackle. Add ginger garlic paste.
3. Add all the spices, half cup of water to spinach & green gram and Pressure cook it for two whistles.
4. When cool add coriander-cumin seed powder,
5. Garnish it with fresh coriander leaves and serve hot.

3. Brinjal - Fenugreek leaves Sabji:-

Brinjal - 750 gm	Green fenugreek leaves - 500 gm	Garlic - 10 flakes
Turmeric - ½ spoon	Cumin seed – ½ spoon	Oil - ½ spoon
Coriander- cumin seed powder 2 spn	Fresh green coriander – few leaves	Salt - to taste

Method:-

1. Wash & chop brinjal & fenugreek leaves. Make garlic paste
2. Heat oil and cumin seed in a cooker and allow it to crackle.
3. Add garlic paste, vegetables, turmeric & salt.
4. Pressure cook for one whistle.
5. Add coriander-cumin seed powder.
6. Garnish it with fresh green coriander and serve hot.

4. Mix Sabji:-

Cauliflower - 250 gm

Green peas - 100 gm

Oil - ½ spoon

Coriander-cumin seed powder 2 spn

Carrots - 250 gm

Garlic - 8 to 10 flakes

Salt - to taste

coriander leaves- few

Potatoes - 1 medium size

Turmeric powder – ½ spoon

Asafoetida – 1 pinch

Method:-

1. Wash all vegetables and chop them to medium size.
2. Heat oil and cumin seed in a cooker and allow it to crackle.
3. Add garlic paste, curry leaves, asafoetida, turmeric powder, salt, vegetables and half cup of water.
4. Mix it properly and pressure cook it for one whistle.
5. Add coriander-cumin seed powder.
6. Garnish it with coriander leaves and serve hot.

5. Vegetable Stew:-

Cauliflower - 200 gm

Capsicum – 50 gm

Beet root - 1 medium

Black pepper - ½ spn

Wheat flour - 2 spoon

Peas - 100 gm

Bottle gourd - 200 gm

Onion – 1 medium

Ghee - 1 spoon

Carrots - 200 gm

Cabbage - 200 gm

Ginger - 1 medium

Cardamom - 4 to 5 pieces

Method:

1. Wash and chop vegetables into big pieces.
2. Mix all the vegetables, salt, one cup water, black pepper, ginger pieces in a cooker.
3. Pressure cook it for one whistle.
4. Heat ghee in a pan, add wheat flour and saute it to become light pink.
5. Add the vegetable stock (water received from the boiled vegetables in the cooker) and stir well.
6. Add this paste into boiled vegetables. Mix it well and add cardamom powder.
7. Keep it on flame for few minutes and serve hot stiyu (mishrashaak).

6. Cluster beans - pumpkin Sabji:

Cluster beans - 250 gm

Thyme seed – 1 spoon

Turmeric - ½ spoon

Coriander leaves- few

Pumpkin - 1 kg

Oil - ½ spoon

Asafoetida – 1 pinch

Garlic - 10 flakes

Salt - to taste

Coriander-Cumin seed powder 2 spn

Method:

1. Wash and chop the vegetables.
2. Heat oil and cumin seed in a cooker and allow it to crackle.
3. Add all the ingredients, garlic paste and vegetables.
4. Mix it properly. Pressure cook for one whistle.
5. Add coriander-cumin seed powder.
6. Garnish it with coriander leaves and serve hot.

7. Bitter gourd – onion Sabji :

Bitter gourd - 500 gm

Salt - to taste

Turmeric powder - ½ spoon

Onion - 250 gm

Cumin seed - ½ spoon

Cumin-coriander seeds powder 2 spn

Oil - ½ spoon

Jaggery - totatse

Method:

1. Wash and chop onion and bitter gourd.
2. Heat oil and cumin seed in a cooker and allow it to crackle.
3. Add garlic pieces after the seeds crackle.
4. Add vegetables, salt, turmeric, coriander- cumin seeds powder and jaggery.
5. Add half cup of water and cook for one whistle.

8. Stuffed Bitter Gourd Sabji:-

Bitter gourd - 500 gm

Cumin seed - 1 spoon

Garlic - 8 to 10 flakes

Cumin-coriander seeds powder 2 spn

Roasted peanuts - 100 gm

Turmeric - 1 spoon

Salt - to taste

Grated fresh coconut kernel - 50 gm

Jaggery - to taste

Coriander leaves - 100 gm

Method:-

1. Stuffing: Grind the peanuts and add all the other ingredients. Mix well.
2. Cut bitter gourd from the middle in such a way that it does not get cut into two pieces. Stuff bitter gourd with the ready stuffing ingredients.
3. Heat oil and cumin seed in a cooker and allow it to crackle.
4. Add stuffed bitter gourd and half cup of water.
5. Pressure cook for one whistle and serve hot.

9. Stuffed Brinjal Sabji:-

Brinjal - 500 gm

Cumin seed - 1 spoon

Garlic - 8 to 10 flakes

Coriander seed and cumin seed

powder – 2 spoon

Roasted peanuts - 100 gm

Turmeric - 1 spoon

Salt - to taste

Grated green coconut - 50 gm

Jaggery - to taste

Green coriander leaves - 100 gm

Method:-

1. Stuffing: Grind the peanuts and add all the other ingredients. Mix well.
2. Cut brinjal and stuff this ingredient in between.
3. Heat oil and cumin seed in a cooker and allow it to crackle.
4. Add stuffed brinjal and half cup of water.
5. Pressure cook for one whistle and serve hot.

10. Stuffed Pointed Gourd Sabji :

Pointed gourd :- 500 gm

Roasted gram :- 100 gm

Turmeric :- 1 tea spoon

Cumin-coriander seed powder 2 spn

Roasted peanuts :- 100 gm

Garlic :- 10 flakes

Cumin seeds :- 1 tea spoon

scraped Coconut :- 50 gm

Salt :- to taste

Jaggery :- to taste

Method:-

1. Stuffing: - Coarsely grind peanuts, gram, garlic and cumin seeds.
2. Add scraped coconut, salt, jaggery, turmeric, coriander –cumin seed powder into it and mix everything well.
3. Preparing pointed gourd: -
4. Wash and peel off pointed gourd. Cut it from middle and remove seeds from within.
5. Stuff earlier prepared stuffing into pointed gourd.
6. Steam cook pointed gourd for 20-25 minutes.
7. Stuffed pointed gourd is ready to serve.

11. Ridged Gourd - Green Gram Pulse Sabji:-

Ridged gourd :- 1 kg

Oil :- ½ spoon

Cumin seed :- ½ tea spoon

Green gram pulse – 200 gm

Asafoetida :- ½ tea spoon

Coriander-cumin seed powder 2 spn

Garlic – 10 flakes

Turmeric:- 1 tea spoon

Salt:- to taste

Method:-

1. Wash, peel off and chop ridged gourd. Soak green gram pulse for half an hour.
2. Heat oil and cumin seed in a cooker and allow it to crackle.
3. Add all the other ingredients, ridge gourd, green gram pulse and add half cup of water respectively.
4. Pressure cook for two-three whistle.
5. Serve hot.

12. Cabbage - peas - potato sabji:-

Cabbage - 500 gm

Oil - ½ spoon

Salt - to taste

Coriander-Cumin seed powder- 1 ½ spn

Green peas - 100 gm

Mustard seeds - ½ spoon

Curry leaves - few leaves

Lemon - 1

Potato - 1

Turmeric powder - ½ spoon

Asafoetida - 1 spoon

Coriander Leaves-Few

Method:

1. Wash the vegetables and chop them.
2. Heat oil and mustard seed in a cooker and allow it to crackle.
3. Add vegetables, all the other ingredients and mix well.
4. Add half cup water and pressure cook for one whistle.
5. Add lemon juice and fresh coriander before serving.

13. Bottle gourd – Spinach - Sprouted Green Gram Sabji:-

Cumin seed - ½ spoon

Asafoetida - 1 pinch

Ginger - small piece

Green gram - 150 gm

Salt - to taste

Lemon – 1 lemon juice

Garlic - 7 to 8 flakes

Spinach - 100 gm

Turmeric powder - ½ spoon

Green coriander leaves – few

Bottlegourd - 500 gm

Coriander seed and cumin seed powder – 2 spoon

Method:

1. Wash all the vegetables and chop them.
2. Make ginger garlic paste.
3. Heat oil and cumin seed in a cooker and allow it to crackle.
4. Add all the vegetables and other ingredients.
5. Mix well and cook for one whistle.
6. Add coriander-cumin seed powder and lemon juice before serving.

14. Little Gourd Sabji :

Little gourd :- 1 kg

Oil:- ½ spoon

Peanut Powder :- 1 spoon

Coriander- Cumin seed powder 2 spn

Potato :- 100 gm

Asafoetida :- ½ tea spoon

Roasted gram Powder:- 1 spoon

Coriander leaves

Cumin seed :- ½ tea spoon

Turmeric:- ½ tea spoon

Lemon – 1

Salt:- to taste

Method:-

1. Chop little gourd and potato.
2. Heat oil and cumin seed in a cooker and allow it to crackle.
3. Now add chopped vegetables, other ingredients and half cup of water into it.
4. Mix well and Pressure cook for one whistles.
5. Add fresh coriander leaves, grinded peanuts, roasted grams and lemon juice before serving.

15. Bottle Gourd - Colocasia leaves Sabji:

Bottle gourd:- 2 kg

Oil :- 1 tea spoon

Garlic paste:- 10 flakes

Asafoetida :- ½ tea spoon

Curd:-3 tea spoon

Coriander-Cumin seed powder – 2 spn

Colocasia leaves:-250 gm

Cumin seed:- 1 tea spoon

Thymol seed:- 1 tea spoon

Fenugreek seed :- 1 tea spoon

Lemon :- 1

Wheat flour :-150 gm

Ginger paste

Salt:- to taste

Turmeric:- 1 tea spoon

Coriander leaves

Method:-

1. Wash, peel off and chop bottle gourd.
2. Heat oil cumin seed, thyme seeds in a cooker and allow it to crackle.
3. Add asafoetida, chopped bottle gourd and half cup of water.
4. Pressure cook for three whistles.
5. Wash colocasia leaves. Scratch the hard layer of stem from the leaves.
6. Add salt, jaggery, garlic seed, thymol seed, fenugreek seed, turmeric, cumin & coriander seed powder and water to wheat flour and knead pasty soft dough.
7. Apply the dough on the the back of the leaves & prepare rolls after folding them.
8. Steam cook the rools
9. Cut the cooked rolls to slices and add it into bottle gourd vegetable.
10. Add all the other ingredients in the vegetable.
11. Mix well and serve hot.

Chutney

1. Fresh coriander - Roasted grams Chutney:

Fresh coriander-200 gm

Ginger :- small piece

Cumin seed:- ½ tea spoon

Roasted gram-50 gm

Salt:- to taste

Curd or lemon:- to taste

Garlic-3 flakes

Jiggery :- to taste

Method:-

1. Crush all the ingredients in a mixture to make a paste.
2. Add water as required.
3. Squeeze lemon & serve.

2. Peanuts - Fresh Coriander Chutney:-

Roasted Peanuts:- 50 gm

Jaggery:- to taste

Ginger :- small piece

Coriander leave:- 200 gm

Cumin seed:- ½ tea spoon

Curd or lemon :- to taste

Salt :- to taste

Garlic:- 3 flakes

Method:-

1. Crush all the ingredients in a mixture to make a paste.
2. Add water as required.
3. Mix curd /lemon juice and serve.

3. Fresh Coriander - Coconut Chutney:-

Fresh coriander:- 250 gm

Salt:- to taste

Ginger :- small piece

Scraped Coconut:- $\frac{3}{4}$ of whole

Cumin seed:- ½ tea spoon

Jaggery:- to taste

Garlic:- 3 flakes

Lemon or curd :- to taste

Method:

1. Crush all the ingredients in a mixture to make a paste.
2. Add coconut water as required.
3. Add lemon juice /curd & serve.

4. Sesame - Coriander leaves Chutney:

Coriander leaves-250 gm

Jaggery-to taste

Roasted Sesame-100gm

Salt-to taste

Cumin seeds- ½ tea spoon

Curd or lemon-to taste

Method:

1. Crush all the ingredients in a mixture to make a paste.
2. Add water as required.

note :-

- Spinach & curry leaves can also be used instead of coriander leaves.
- Sprouted green grams can also be added in all the above chutneys.

5. Roasted grams - Beet root- Carrot Chutney

Carrot:- 150 gm
Jaggery :- to taste
Salt :- to taste

Beet root :- 150 gm
Ginger :- small piece
Lemon :- to taste

Roasted gram :- 100 gm
Garlic :- 2 flakes
Cumin seed:- to taste

Method:-

1. Wash, chop and steam cook carrot and beet root.
2. Crush all the ingredients in a mixture to make a paste.
3. Avoid /use less Jaggery if carrot and beet root are sweeter.

Salad

1. Fruit matha Salad:-

Dates: -200 gm
Pomegranate :- 1
Ripe Mango:-1
Banana:-1

Apple :- 1
Chikoo :- 1
Pear:- 1
Dry grapes to taste

Fresh grapes :- 100 gm
Cardamom :- 4-5

Method:

1. Wash and remove seeds from the dates. Crush it to make paste.
2. Finely chop all the fruits.
3. Mix the dates pulp, chopped fruits and all the other ingredients to make matho.
4. Ready to serve.

2. Mix Vegetable Curd Salad:-

Carrot: -200 gm
Pomegranate :- 1
Cucumber:-250 gm
Fresh Coconut:-3/4 of whole

Spinach :- 100 gm
Sprouted green gram:- 100 gm
Banana:- 2
Apple:- 1

Fresh grapes :- 100 gm
curd :- 400 gm

Method:

1. Scrape carrot, cucumber and coconut.
2. Add Sprouts, pomegranate seeds, finely chopped spinach, apple, banana, curd, salt, black pepper, crushed mustard seeds, cumin seeds to it and mix well.
3. Add salt, black pepper, crushed mustard seeds, cumin seeds according to taste.

4. Mix Vegetable Dressing Salad:

Carrot: -250 gm
Pomegranate :- 1
Cucumber:-250 gm
Onion:- 2

Spinach :- 100 gm
Orange:-2
Garlic:- 2 flakes
Black Pepper:-¹/₂ Spoon

Beet :- 1
Thymol leaves:- 400 gm
Salt:- ¹/₂ Spoon
Ocimum Basilicum Leaves:-5

Method:

1. Chop carrot, cucumber, beet and onion to round slices.
2. Cut spinach leaves to small pieces with hand and add pomogrenate seeds to it.
3. Grind ocimum basilicum leaves, thymol leaves, garlic together to make a paste. Add extracted orange juice, salt and black pepper powder to it.
4. Pour this liquid as dressing on the salad and serve.

5. Mix Vegetable Salad:

Carrot: -200 gm
Pomegranate :- 1
Cucumber:-300 gm
Fresh Coconut:-3/4 of whole

Spinach :- 100 gm
Sprouted green gram:- 100 gm
Apple:- 1

Lemon 1/2

Method:

1. Scrape carrot, cucumber and coconut.
2. Add Sprouts, pomegranate seeds, finely chopped spinach and apple to it.
3. Squeeze lemon mix well.
4. It is ready to serve.

6. Spinach - Onion – Pomegranate Salad:

Spinach -250 gm

Onion:- 2

Pomegranate :- ½

Method:

1. Finely chop spinach and onion.
2. Add Pomegranate seeds to it. Mix well
3. Sprinkle black pepper and salt on it.
4. Squeeze lemon and serve.
5. Add black pepper, salt, lemon according to taste.

Soup

1. Bottle gourd - cauliflower soup:-

Bottle gourd - 1 kg
Salt - to taste

Cauliflower - 700 grams
Pepper powder - to taste

Carrots - 2 medium

Method:-

1. Chop and cook bottle gourd and cauliflower in pressure cooker. Blend it to make a soupy liquid mixture, add water as required.
2. Add grated carrot, small pieces of cauliflower, salt and pepper to the blended mixture and boil it till vegetables become tender.
3. Can add cardamom powder for taste.
4. Serve & enjoy hot soup.

2. Bottle Gourd - Drumstick Soup:-

Bottle gourd - 1 kg
Lemon - to taste
Garlic - 7 to 8 flakes

Drumstick - 250 gm
Pepper - to taste

Salt - to taste
Ginger - small

Method:

1. Chop and Cook bottle gourd and drumsticks.
2. Smash the cooked drumsticks and take the pulp.
3. Blend the bottle gourd in the mixture. Mix it with drumstick pulp and add water as required to make it soupy.
4. Add all the ingredients and bring it to boil.
5. Serve & enjoy hot soup.

3. Bottle Gourd - Spinach - Green Gram Soup :-

Bottle gourd - 500 gm
Ginger - small piece
Pepper - to taste

Spinach - 250 gm
Garlic - 7 to 8 flakes
Lemon - small piece

Green gram - 150 gm
Salt - to taste

Method:

1. Wash and chop the vegetables.
2. Pressure cook spinach, green gram and bottle gourd for four whistles.
3. Blend it with all the other ingredients.
4. Add water as required to make it soupy.
5. Bring it to a boil. Serve & enjoy hot soup.

4. Bottle Gourd - Cabbage Soup:-

Bottle gourd - 1 kg
Peanuts - 25 gm
Ghee - 1 spoon
Curry leaves - 1 pinch

Cabbage - 300 gm
Salt - to taste
Lemon - 1 small

Onion – 1
Pepper - to taste
Cumin seed - ½ spoon

Method:

1. Wash and chop the vegetables.
2. Pressure cook cabbage and bottle gourd for 2-3 whistles.
3. Blend it to a soupy mixture. Add water as required.
4. Add all the other ingredients. Bring it to a boil.
5. Heat ghee, cumin seed and curry leaves in a vessel and allow it to crackle. Saute, finely chopped onion till it becomes light pink and add it to the soup mixture.
6. Serve & enjoy hot soup.

5. Pumpkin - Capsicum - Onion – Potato - Coriander Soup :-

Pumpkin - 1 kg
Potato – 1
Salt - to taste

Capsicum - 250 gm
Coriander seeds – few

Onion - 1
Oil - ½ spoon

Method:

1. Wash and chop the vegetables.
2. Pressure cook pumpkin and potato.
3. Blend it to a soupy mixture. Add water as required.
4. Heat oil and saute chopped capsicum and onion for few minutes.
5. Add smashed pumpkin and potato mixture into it & mix it well.
6. Serve & enjoy hot soup.

6. Corn Soup:-

Corn - 1 kg

Salt - to taste

Pepper - to taste

Method:

1. Grate the corn. Cook the grated corn adding some water in pressure cooker for two whistles.
2. Add salt and pepper and bring it to a boil.
3. Serve & enjoy hot soup.

7. Carrot Soup:-

Carrot - 1.5 kg
Ghee - ½ spoon
Cumin seed - ½ spoon

Onion - 200 gm
Pepper powder - to taste
Curry leaves - few leaves

Salt - to taste
Lemon - 1

Method:

1. Wash, chop and pressure cook carrots.
2. Blend it to a soupy mixture. Add water as required.
3. Heat ghee and cumin seeds and let it crackle. Then add curry leaves and saute chopped onion, till it becomes light pink.
4. Add this to the soup. Bring it to a boil.
6. Serve & enjoy hot soup.

8. Green gram water:-

Green gram - 250 gm
Pepper powder - to taste

Salt - to taste
Garlic - to taste

Lemon - to taste

Method:

1. Pressure cook green gram and blend it along with all the other ingredients to a soupy mixture.
2. Add water as required. Bring it to a boil.
3. Serve & enjoy hot soup.

Juices

1. **Bottle Gourd Juice:-**

Take 250 gm of Bottle Gourd. Wash, peel off, Chop and crush it in the juicer. Filter the extracted juice and serve it.

2. **Coconut Water:**

Pierce the green fresh coconut and collect water in a glass from it. Serve fresh.

3. **Indian Gooseberry - Turmeric Juice:**

Take 100 gm fresh Indian Goose Berry (2 or 3 in number) and fresh turmeric (1.5"inch). Wash, chop and churn them with half cup of water. Filter and serve fresh.

4. **Bottle Gourd - Spinach Juice:**

Take Bottle Gourd 200 gm, spinach 100 gm. Wash, chop and churn them with half cup of water. Filter and serve fresh.

5. **Milk Kadha (Herbal Tea):**

Ginger - small piece
Tea masala - 1 pinch
Milk - 70 ml

Mint - 10 to 15 leaves
Lemon grass - 7 to 8 leaves

Basil leaves - 10 to 15 leaves
Jaggery - to taste

Method:

1. Take 200ml water
2. Add ginger paste, basil leaves, mint leaves, lemon grass, jaggery & tea masala. Boil the ingredients till it becomes 150ml.
3. Filter it & add hot milk.
4. Serve & enjoy hot decoction.

6. **Basil leaves sudha:-**

Ginger - small piece
Tea masala - pinch
Lemon juice - ½ tea spoon

Mint - 10 to 15 leaves
Lemon grass - 7 to 8 leaves

Basil leaves - 10 to 15 leaves
Jaggery - to taste

Method:

1. Take 200ml water
2. Add ginger paste, basil leaves, mint leaves, lemon grass, jaggery & tea masala.
3. Boil the ingredients till it becomes 150ml.
4. Filter it & squeeze lemon.
5. Drink & enjoy hot basil leaves sudha.

7. **Pomegranate Juice:**

Wash and cut the pomegranate. Remove the Seeds. Crush the seeds into the mixture. Filter & Serve fresh juice.

8. **Watermelon Juice:**

Take 250 gm of watermelon. Take red portion out of it. Remove the seed and crush it into mixture. Filter & Serve fresh juice.

9. **Wheat grass Juice:**

Take one bunch of wheat gram (50 gm), wash & chop it. Add 100 ml of water into chopped wheat gram & crush it into the mixture. Filter & Serve fresh juice.

10. Orange Juice:

Take orange (If small take 6 unit and large then take 4-5 units) and remove the skin. Crush the orange in a juicer. Filter the extracted juice and serve it.

11. Mosambi (Sweet Lime) Juice:

Take 4 unit of sweet lime. Wash, Chop and Crush them in a juicer. Filter the extracted juice and serve it.

12. Spinach Juice:

Wash, chop and churn 150 gm spinach with 100 ml of water. Filter & Serve fresh juice.

13. Beet - Spinach Juice:

Wash, chop and churn 100 gm of beet & 100 gm of Spinach with 100 ml of water. Filter & Serve fresh juice.

14. Beet - Carrot Juice:

Wash, chop and churn 100 gm of beet & 100 gm of Carrot with 100 ml of water. Filter & Serve fresh juice.

15. Carrot Juice:

Take 4-5 carrots. Wash and scrape the carrots. Crush it in the juicer. Filter the extracted juice and serve it.

16. Grape Juice :

Wash and soak seedless 200 gm grapes for half an hour. Crush it into the mixture. Filter & Serve fresh juice.

17. Pineapple Juice:

Wash, peel and chop one pineapple and churn it in the juicer. Filter the extracted juice and serve it.

18. Hibiscus flower Juice:

Soak six to seven pieces of Hibiscus flowers and candy sugar as per taste in 150 ml of water for three to four hours. Smash the flowers with hand in the water. Filter and serve.

19. Neem Juice:

Wash and crush 50 gm neem leaves with 100 ml of water. Filter & Serve fresh juice.

20. Basil Leaves - Malabar nut leaves Juice:

Malabar nut Leaves- 7 leaves (10 gm)	Basil Leave:- 40 leaves (5 gm)	Turmeric – 1 gm
Fresh Ginger – 5 gm	Honey – 1 spoon	Water – 100 ml

Method:- Wash and crush Basil leaves, malabar nut leaves and fresh ginger with water. Filter the juice. Add honey and turmeric. Mix it well and serve.

21. Black Dry grapes - Fennel seeds water :

Black Dry Grapes :- 40 Fennel seeds powder :- 2 Spoon (6 gm) Water :- 100 ml

Method:- Soak dry black grapes and funnel seed powder in 100 ml of water for whole night. Next day morning crush it well. Filter & Serve fresh juice.

22. Gilloy - Aloe Vera Juice:

Giloy – 20 gm	Aloevera – 20 gm	Water – 100 ml	Honey – 1 Spoon
----------------------	-------------------------	-----------------------	------------------------

Peel and chop Giloy. Crush and soak it for whole night. Next day morning smash it well and filter the juice. Add crushed Aloevera gel juice and honey to serve.

23. Lemon Honey Water :

Squeeze half lemon and one spoon honey in 200 ml luke warm water. Mix & stir well to serve.

24. Fenugreek powder Decoction:

Fenugreek powder :- 3 gm Water – 200 ml

Soak Fenugreek powder in water for overnight. Next day morning boil it well till 2/3 rd of water remains. Filter & serve.

25. Dried Ginger Power Decoction:

Dried Ginger Powder – 2 gm Water – 200 ml

Soak dried ginger powder in water over night. Boil it till ¼ water remains. Filter & serve.

26. Bitter Decoction:

Bitter Decoction Powder – 3-4 gm Water – 200 ml

Soak the powder over night in water. Boil it till $\frac{2}{3}$ rd water remains. Filter & serve.

Natural Delicious Recipes

☞ Manjulaben Shah

Jaggery Amrit:

Soak one kilogram jaggery in one glass of water overnight. Bring it to boil in the morning. Make the syrup thick like honey. Allow it to cool and store it in an air tight bottle. Without freeze this jaggery amrit is edible for 10 to 12 days. This amrit becomes handy while making juices and decoction.

Hot beverages

1. Milk decoction:

Boil basil leaves, lemon grass, mint, organic jaggery, crushed fresh ginger, black pepper and dry ginger powder with water. Heat cow's milk separately. Sieve the decoction and add milk as required and serve hot.

2. Lemon Honey Water :

Squeeze half lemon and one spoon honey / Jaggery in 200 ml Luke warm water. Mix & stir well to serve.

3. Tulsi Sudha :

Grind black pepper, dried ginger, cloves, cardamom and cinnamon to store it.

Boil basil leaves, lemon grass, mint, organic jaggery, crushed fresh ginger, ½ spoon of stored powder with water. Sieve the decoction and squeeze ½ lemon to make it ready to serve.

This decoction is very refreshing in winter and monsoon. And also helps in diseases like common cold, flu, malaria and pneumonia.

4. Soya Coffee / Wheat Coffee:

Roast the whole wheat till it changes to blackish brown. Grind this roasted wheat and cinnamon into powder and store it. Boil 1 tea spoon of powder and Jaggery with one cup of water. Sieve the decoction and add hot cow's milk. Coffee is ready to serve.

Soya bean coffee can also be made by following the same procedure.

5. Pragna pey:

Readymade pragna pey is available at Gayatri Shaktipith.

Boil basil, ginger, cardamom, arjun tree bark and pragna pey with little water. Sieve the decoction and add milk and jaggery amrit to make it ready to serve. It is very useful in heart conditions.

Cold beverages

1. **Black dry grapes - fennel seeds juice:**

Clean, grind and store fennel seeds Powder. Wash and soak black dry grapes and 1 spoon of fennel seeds powder over night. In the morning smash the mixture and sieve to drink. This drink is very helpful in constipation & acidity.

2. **Fennel seed - Lemon juice:**

Melt the jaggery in water and soak fennel seed powder into it some time. Sieve this mixture and add cold earthen pot water and lemon juice to serve. This cold drink helps in reducing heat stroke during summer days.

3. **Watermelon juice :**

Select, wash and soak sweet watermelon in cold water. Chop and churn watermelon in the juicer. Sieve the extracted juice and add cardamom powder before serving. This drink is very refreshing during summer days.

4. **Indian gooseberry squash :**

Scrape fresh Indian gooseberry and extract the juice. Add cold water, honey or jaggery amrit and cardamom powder to serve. This squash can be made during gooseberry season mixing it with thick sugar syrup to stores it in an air tight container. It remains edible for one month.

5. **Boiled Mango juice:**

Wash and boil two raw mangoes. Remove the skin and use the pulp of the boiled mango. Soak the pulp and jaggery in cold water for some time. Smash and sieve the mixture. Add cold water, cumin seed powder, rock salt powder, fresh grapes and grinded fresh mint to the mixture and serve cold. This is a very refreshing drink during summer and also help in heat stroke.

6. **Thandai :**

Fennel seeds 100 gm
Coriander seeds 50 gm

Cardamom 5 gm

Black pepper 10 units
Dry rose petals 50 gm

Method:

1. Grind the entire above ingredients to make powder and store it.
2. Soak 5 almonds early in the morning.
3. Grind the almonds in the afternoon and add cold milk, sugar or candy sugar and stored powder 1 spoon.
4. Stir well, sieve and serve cold.

7. **Star fruit Juice:**

Take fresh star fruit, wash chop and crush it in the juicer and extract the juice. Add water, jaggery amrit and rock salt powder to serve.

8. **Khatti bhindi Juice:**

Grind dry khatti bhindi to powder. Mix one spoon of khatti bhindi powder and Jaggery amrit as required with cold water to serve.

9. Coconut milk:

Fresh coconut kernel 1 unit

Dates 100 gm

Cardamom – 2 units

Method:

1. Crush the coconut kernel with coconut water or plain water in the grinder. Extract the milk from it.
2. Once again repeat the process with the coconut remains and collect the milk.
3. Wash and remove seeds from the dates. Crush it to make paste.
4. Add the date's pulp to coconut milk and sprinkle cardamom powder into it.
5. Stir well and drink.
6. This milk is a nice alternative to milk (cows milk). People not using milk (cows milk) will get milk nutrition from this milk.
7. One unit of coconut can make three glass of milk.

Snacks :

1. Vegetable Upma :

Whole wheat flour 500gm	Fresh coconut 25gm	Pinch Turmeric
Green peas 100 gm	Seaware oil 5 t spoon	Cloves
Cabbage 100gm	Few Curry leaves	
Carrot 100 gm	Rock salt powder	

Method:

1. Roast the coarse wheat flour. Once it is cooled down rub the flour with oil.
2. Boil green peas, cloves, rock salt powder, curry leaves and turmeric in 600ml water.
3. Than keep adding wheat flour continuously stirring it well.
4. Once upama is ready garnish it with cabbage, carrot, scrapped fresh coconut and chopped coriander leaves.
5. Serve hot.

2. Vegetable Poha :

Flattened rice-500 gm	Carrot-100 gm	Coconut
Green peas-100 gm	Curry leaves	Dry grapes
Cabbage-100 gm	Rock salt powder	Sesame seeds
Sesame oil-3 tea spoon	Turmeric	Fresh coriander leaves
	Cloves	

Method:

1. Wash and drain flattened rice.
2. Steam cook green peas.
3. Heat oil, cloves, Curry leaves and allow it to crackle.
4. Add flattened rice, turmeric, salt, peas, scrapped carrot, coconut and cabbage to it. Mix well.
5. Garnish it with coriander leaves and sesame seeds.
6. Serve hot.

3. Vegetable Idli:

Rice-500 gm	Spinach-50 gm	Oil-4 tea spoon
White lentils-150 gm	Coriander leaves-50 gm	Rock salt powder
Curd-1 tea spoon	Green peas-500 gm	Black pepper powder
Sprouted green grams-100 gm		

Method:

1. Soak rice and white lentils separately.
2. Grind to paste Soak after 12 hours.
3. Mix both the paste together adding one spoon curd and salt to it. Leave it to ferment for upto three to four hours.
4. While cooking idli add sprouts, green peas, crushed spinach and coriander leaves to the batter.
5. Fill the batter in the idli moulds and sprinkle black pepper powder on it.
6. Steam cook the idlis.
7. Serve hot with coriander chutney

4. Bottle Gourd or Carrot Pudding:

Bottle Gourd / Carrot-250 Gm
Cardamom-4 Units

Cow's Ghee-1 Tea Spoon
Jaggery-100 Gm

Cow's Milk-1 Litre

Method:

Scrap and cook bottle gourd / carrot with ghee. Add milk (cows milk) to it and boil for 10 minutes. Remove it from flame. Add Jaggery amrit and cardamom powder. Pudding is ready to serve.

5. wheat flour raab:

Wheat flour- 3 table spoons

Cardamom-2 units

Ghee(cow's ghee) or sesame oil- 1
spoon

Jaggery 10 gm

Method:

Dissolve Jaggery in water.

Roast wheat flour in ghee/ oil on slow flame till it becomes light brown.

Add jaggery water and stir well. Bring it to a boil.

Add cardamom powder.

Serve hot. Weak person can easily digest it.

Other Lunch Recipes:

Seasonal variation can be made in vegetables, salad, chapatti and chutney.

1. Mix Salad :

Scrape carrot, cabbage, cucumber and add chopped coriander leaves and spinach into that. Add sprouted green grams and serve. Chopped ginger and coconut can also be used.

2. Curd Salad :

Mix scraped carrot, cabbage and cucumber with curd. Add crushed mustard seeds, rock salt powder, chopped coriander leaves and capsicum. Mix it well and serve.

3. Khajur Laddu :

Dates- 1kg

Roasted Peanuts-250 gm

Roasted Sesame seeds- 100 gm

Scraped dry Coconut- 100 gm

Cardamom seed powder-10 gm

Poppy seeds-10 gm

Cow's ghee-3 tea spoon

Method:

Wash, chop and remove seeds from dates and dry it under sun light.

Coarsely grind the roasted peanuts and sesame seeds.

Cook dates with Ghee in a pan till it becomes soft. Mix the remaining ingredients to it and prepare small balls from the mixture. Sprinkle poppy seeds on balls and serve.

4. Mix Chikki :

Roasted Sesame seeds-500 gm

Roasted peanuts-250 gm

Scraped Dry Coconut-250 gm

Ghee- 3 tea spoons

Cardamom powder-5 gm

Jaggery- 400 gm

Nutmeg-1 unit

Dried ginger powder- 2 tea spoons

Method:

Crush Peanuts and sesame seeds.

Heat jaggery with ghee in a pan and once the jaggery syrup is ready add the crushed mixture, cardamom powder, nutmeg powder and dried ginger powder and mix it well and paste the mixture in a plate. Cut it into small pieces after few minutes and serve chikki.

This is the best nutritional snack for kids in winter days.

5. Coconut Milk Fruit Salad:

Coconut -3 units

Dates-300gm

Dry grapes-20 gm

Banana-500 gm

Chickoo-250 gm

Pomegranate -1 unit

Green grapes—200 gm

Cardamom powder

Method:

Clean the dates and soak it for two hours.

Extract two litres of milk from the coconut (Refer the coconut milk recipe on page no.).

Add crushed dates pulp, cardamom powder and finely chopped fruits to the milk. Fruit salad is ready to serve.

One serving of this dish in lunch can serve a wholesome meal.

6. Wheat Bulgar Khichdi :

Rub the wheat bulgar with oil.

Boil cloves, curry leaves, rock salt powder, turmeric, garlic, sprouted green grams, green tuver, green peas, peanuts and onion in three times water of bulgar.

Add the rubbed bulgar slowly to the boiling decoction continuously stirring it.

Once it is cooked add scraped carrot, coconut and cabbage to it. Serve hot khichdi.

7. Rice - Sprouted Green Gram Khichdi :

Cook rice and sprouted green gram khichdi following the same procedure as wheat bulgar khichdi. Use rice instead of wheat bulgar. Use all the available vegetables. Sesame oil can also be added.

Serve hot with vegetable with gravy or buttermilk.

8. Spinach chapatti:

Take wheat flour and spinach as per number of chapattis you want to prepare.

Wash, chop and churn spinach. Add rock salt powder, cumin seeds powder, thymol seeds powder, garlic, oil and coriander leaves. Mix all the ingredients and knead soft dough. Make chapatti's and serve hot.

Fresh fenugreek leaves or purslane leaves can be used instead of Spinach leaves.

Chutney

1. Garlic - Ginger - Coriander Leaves Chutney:

Crush coriander leaves, garlic, ginger, cumin seeds, rock salt powder and fresh coconut in a mixture to make a paste. Add water as required. Squeeze lemon & serve.

2. Spinach Chutney :

Crush Spinach, garlic, ginger, cumin seeds and rock salt powder in a mixture to make a paste. Add water as required. To add sweet taste dates can be used. Squeeze lemon & serve.

3. Indian Gooseberry Chutney :

Crush Indian gooseberry, cumin seeds, rock salt powder and ginger in a mixture to make a paste. Add jaggery and water as required. Squeeze lemon & serve.

4. Sprouted Green Grams Chutney:

Crush sprouted green grams, coriander leaves, ginger, garlic, lemon, rock salt powder, coconut and soaked dates as required in a mixture to make a paste. Add water as required. Squeeze lemon & serve.

5. Dates Chutney:

Wash, soak and crush the dates. Add lemon, rock salt powder and cardamom powder and prepare chutney.

6. Coconut - Sesame Seeds - Roasted Grams Dry Chutney:

Crush the roasted grams, garlic, rock salt powder, cloves powder, dry coconut and sesame seeds in a mixture to make a paste. This dry chutney remains edible for 8-10 days. It can be used during travelling.

7. Mint Chutney :

Crush mint, ginger, coriander leaves and salt in a mixture to make a paste. Squeeze lemon, mix it well and serve.

Other Dishes

1. **Mix Vegetable Soup :**

Wash, chop and pressure cook Bottle Gourd, drum stick, carrot and spinach.

Blend it to a soupy mixture. Add water as required.

Add rock salt powder, cinnamon-cloves powder and ginger-garlic paste and chopped coriander leaves to it.

Bring it to a boil. Serve & enjoy hot soup.

2. **Green Gram Soup :**

Boil green gram well. Also add coriander leaves, pressure cook green gram and blend it along with ginger garlic and rock salt powder to a soupy mixture. Add scraped carrot, spinach, cabbage, coconut. Add water as required. Bring it to a boil. Serve & enjoy hot soup.

3. **Stuffed Parathas:**

Take Wheat / Bajra / Jowar flour and add rock salt powder, thymol seeds, garlic, curd and sesame oil. Knead soft dough.

Stuffing : Cook crushed fresh Tuver , finely chopped cauliflower and cabbage with oil till it becomes tender.

Add turmeric, coriander -cumin seed powder, crushed sesame seed, scraped coconut and rock salt powder.

Mix all this to make the stuffing ready. Make stuffed Prathas and Serve with soup.

NOTE: Seasonal vegetable can also be used in preparing stuffing.

4. **Whole Wheat Bread:**

Melt half spoon dry yeast in a cup of Luke warm water. Add one cup of whole wheat flour in it. Knead and keep it for two hours. After fermentation, add salt and sugar/Jaggery to taste. Knead the dough like chapatti dough and Leave it again for 2 hours.

Grease the vessel with cow's ghee. Add dough and sprinkle sesame seed. Leave again for 2 hours. Preheat the oven at 165⁰ C and bake it for 30 minutes. Remove the cover from the vessel. If require bake it for 5-7 minutes at 200⁰ C till the colour changes to light brown. Size of dough gets double. Let it cool down at room temperature (Approx after 1-2 hours). Bread is ready to serve.

NOTE: During winter, keep dough in warm area of house. Always cover the vessel.

Annexure

English	હિન્દી	ગુજરાતી
Asafoetida	हींग	હીંગ
Basil leaves	तुलसी	તુલસી
Bitter gourd	करेला	કારેલા
Black pepper	काली मिर्च	કાળા મરી
Bottle gourd	लौकी	દુધી
Cardamom	इलाइची	ઇલાઇચી
Candy Sugar	साकर	ખડી સાકર
Thymol seed	अजवाइन	અજમો
Carrots	गाजर	ગાજર
Chapatti	रोटी	રોટલી
Black eyed beans	चोळी	ચોળી
Cloves	लवंग	લવીંગ
Cluster beans	गवार	ગવાર
Coarse wheat flour	घेंहु का मोटा आटा	કકરો ઘઉંનો લોટ
Coriander- cumin seed powder	धानिया जीरू पाउडर	ધાણા જીરૂ
Cumin seeds	जीरा	જીરા
Curry leaves	कढी पत्ता	કઢીપત્તા
Fenugreek	मेथी	મેથી
Flattened rice	पौहा	પૌઆ
Garlic	लहसुन	લસણ
Ginger	अदरक	આદુ
Coriander leaves	हरा धनिया	કોથમીર
Green gram pulse	मुंग की दाल	મગની દાળ
Hotch potch	खीचडी	ખીચડી
Jaggery	गुड	ગોળ
Lemon grass	हरी चाय पत्ती	લીલી ચા
Little gourd	गिलोडा	ટીડોળા
Milk decoction	काढा	ઉકાળો
Mint	फुदीना	ફુદીનો
Ocimum Basilicum Leaves	डमरो	ડમરો
Onion	प्याज	ડુંગણી
Peas	मटर	વટાણા
Pointed gourd	परवल	પરવળ
Pomegranate	दाडम	દાડમ
Potato	आलु	બટાકા
Pumpkin	कोखु	કોળુ
Red gram	तुवर	તુવેર
Rice bulgar	कनकी	કણકી

Rice	चावल, भात	ભાત
Ridge gourd	तुरीया	તુરીયા
Roasted grams	बिना छिलके के भूने हुए चने	દાળીયા
Spinach	पालख	પાલખ
Split bengal gram	चना दाल	ચણાની દાળ
Turmeric	हलदी	હળદર
Wheat bulgar	दलीया	દંઉના ફાડા