

# BREAD UPMA RECIPE / HOW TO MAKE BREAD UPMA



*Bread upma is a popular breakfast dish which can be done in 15-20 mins. This simple and delicious upma is made with bread, onion, tomato and spices. It goes well with onion raita or a cup of coffee or tea.*

## **Ingredients**

- 4 Whole Wheat bread**
- 1/2 Cup of Chopped Onion**
- 3-4 Tbsp of Tomato Puree**
- Few Curry Leaves**
- 1 Tsp of Ginger Onion Garlic Paste**

**2 Green Chillies**  
**1/2 Tsp of Garam Masala**  
**1 Clove**  
**1 Cinnamon Stick**  
**1 Bay Leaf**  
**1/4 Tsp of Turmeric Powder**  
**1/2 Tsp of Chilly Powder**  
**1/2 Tsp of Fennel Seeds / Sombhu**  
**1-2 Tsp of Ghee**  
**2 Tsp of Oil**  
**Few Cilantro and green onion for Garnishing**

## **Method**



**Ghee Toasted Bread**

- **Cut the whole wheat bread into a small slices. Keep this aside.**
- **Heat a pan with ghee, roast the bread until they get crisp and golden brown. Turn off the stove.**
- **Heat a pan with oil, add clove, cinnamon, bay leaf, curry leaves, fennel seeds, fry until it turns color and aromatic.**
- **Add onion, green chillies. Fry until it changes color.**
- **Take pan away from the stove, add turmeric powder, chilly powder. Fry for a min.**
- **Keep pan back to the stove, add ginger onion garlic**

**paste, fry for 1-2 mins until raw smell vanishes.**

- **Add Tomato puree, little water and garam masala, fry for 1-2 mins until oil separates.**
- **Add bread pieces to the tomato sauce and saute well so that the bread absorbs all the sauce.**
- **Garnish it with cilantro and chopped green onions.**
- **Hot bread upma is ready to serve.**

### **Tips**

- **Serve hot with onion raita.**
- **Adjust red chilly powder according to your taste**
- **Add any vegetables of your choice.**
- **You can also add lemon juice, for extra tanginess.**



### **Health Benefits of Whole Wheat Bread**

- **Wheat bread are rich in dietary fiber.**

- Controls blood sugar level.
- Provides longing lasting fullness to the stomach.
- Lowers the blood cholesterol.