

VEGETABLE BIRYANI RECIPE IN COOKER



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Love to eat vegetable biryani, but feeling lazy to do on a weekend or busy weekdays, then try this easy vegetable biryani recipe in cooker. As name suggest, this biryani is very easy to make and is loaded with lots of healthy vegetables and aromatic spices. This is one of my favourite one pot meal which is rich in taste yet simple to make because of the addition of ghee(clarified butter)and milk. You can also make this biryani with an alternate flavor profile by adding coconut milk, but in this preparation I added cows milk.

Making vegetable biryani recipe in pressure cooker is very easy ... just temper the spices in ghee , throw some onion, tomatoes, green chillies, all the colourful veggies and salt, saute for few mins, finally add required water and rice and cook until done(pressure cookers might vary) . Hot flavourful vegetable biryani recipe is ready in minutes. It goes well with spicy gravies like [aloo palak](#), [korma](#), [cucumber raita](#) or potato chips.

Ingredients For Vegetable Biryani Recipe in cooker

- 1 Cup of Basmati Rice
- 2 Carrots, Finely Chopped
- 15 Beans, Finely Chopped
- 1 Medium Size Potato, Cubed
- 1/4 Cup of Green Peas (Frozen)
- 1 Big Red Onion, Finely Chopped or 2 Mediumsize Red Onion
- 4 Garlic Cloves, Big
- 1 Inch of Ginger
- 3 Green Chillies
- 2 Tomatoes, Finely Chopped
- 1 Tbsp of Curd (Yogurt)
- 7 Mint Leaves
- Handful of Coriander Leaves, Finely Chopped
- 1 Tbsp of Lemon Juice
- Salt to taste
- 1.5 Cups of Milk

To Temper

- 1.5 Tbsp of Ghee
- 2 Cloves
- 1 Cinnamon, Medium Size
- 1 Cardamom
- 1 Bay Leaf

Method

- Soak basmati rice in water for 30 mins, drain and wash the rice in tap water for 2 times. Keep aside.
- Wash and finely chop the vegetables, onion and tomatoes. Slit the green chillies. In a blender, add ginger and garlic and make a ginger garlic paste.
- Take a pressure cooker, heat ghee, when it is hot, add cloves, cardamom, cinnamon, fry for a min. Add chopped red onion, slited green chillies and salt, fry for 2 mins, until onion turns golden brown. Add ginger garlic paste, fry for few mins until raw smell vanishes.
- Add chopped tomato, mint leaves and coriander leaves, saute until tomatoes turns soft and mushy.
- Add carrots, beans, potato and peas, saute this for few mins. Add curd and rice, saute this for few secs.
- Add milk, check the salt. Close the lid and pressure cook it for 2 whistles. Turn off the flame.
- Open the cooker, add lemon juice, mix gently with fork.
- Serve hot with any spicy gravies like [aloo palak](#), [korma](#) or [cucumber raita](#) and potato chips.



Tips

- You can use small onions instead of large onions.
- Use coconut milk in place of cows milk to get a rich taste.
- If you don't have whole spices, just add 1 tsp of garam masala.
- Don't break the rice while mixing.
- If you are weight conscious, add oil in place of ghee.
- If you feel lazy to grind ginger garlic paste, finely chop the ginger and garlic, add it to the oil, saute

well until raw smell vanishes.

- Don't have pressure cooker, then try biryani in stove top. For that you need a heavy bottomed pan with perfect fitting lid then follow the above recipe and cook in a low flame.
- You can also use nuts to garnish.

Health Benefits of Vegetables and spices

- Vegetables are home for antioxidants.
- Vegetables are packed with soluble and insoluble fibers.
- They are rich in vitamins and minerals.
- Spices like cinnamom has anti microbial property and controls sugar levels.
- Cardamom good for heart burn and increases blood circulation.
- Cloves good for teeth pain, boosts metabolism and immune system.



Tags : [Biryani recipe](#), [biryani](#), [easy biryani](#), [vegetable biryani](#), [vegetable biryani recipe](#), [vegetable biryani recipe in pressure cooker](#), [easy vegetable biryani in cooker](#), [vegetable biryani recipe in cooker](#), [how to make vegetable biryani](#), [how to prepare vegetable biryani](#), [foodybuddy recipes](#), [rice varieties](#), [lunch box biryani](#), [pressure cooker biryani](#).

ONION CARROT BREAD UTHAPPAM
(UTTAPAM) | INSTANT DOSA
RECIPE



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Dosa is a savory crepe and it's getting popular throughout the world because of its taste and crispy texture. This is my own recipe. After seeing some leftover bread in my pantry, I tried it by mixing some flours with bread powder and the outcome of dosa tastes really awesome. This instant uthappam does not need any fermentation and is very quick to make. All you need is leftover bread to make this dosa and some flours and spices. Here I have used rava, maida and rice flour which gives a crispy texture to the dosa. Addition of curd not only gives a mild tangy taste but also gives softness. For topping, I added some veggies to make the dosa more colorful, tasty and healthier. Try this instant leftover bread dosa with tomato ketchup and stay healthy.

Ingredients

2 [Whole Wheat Bread](#), makes 1 Cup of Bread Powder
1/4 Cup of Rava(Semolina)
3 Tbsp of Rice Flour
2 Tbsp of Maida(All Purpose Flour)
2 Tbsp of Thick Curd(Yogurt)
1 Carrot, Grated
2 Green Chillies, Chopped
1 Spring Onion, Chopped
1 Big Red Onion, Finely Chopped
1 Tsp of Whole Cumin
1 Tsp of Whole Black Pepper
1 Inch Ginger, Grated
Few Curry Leaves, Chopped
3/4 Cup of Water
Salt to taste

Servings : 3 Uthappam

Method

- Heat a pan, dry roast the rava for 2 mins, transfer it to a bowl.
- In a spice grinder/mixie, grind the bread slices to a powder. Transfer it to the same bowl to that add rice flour, maida, curd, salt, grated ginger, cumin, black pepper, curry leaves and 3/4 cup of water, mix well with a fork/spoon, you should get a dosa batter consistency. Let the batter sit for 15 mins.
- Now heat a non stick pan / cast iron pan, grease the tawa with oil, when it is hot, pour a ladle full of batter and spread it like thick uthappam. Sprinkle some chopped onion, green chillies, chopped spring onion and grated carrot, apply oil over the edges, cover it with a lid and cook it on a medium flame. Turn dosa to other side and cook until it turns crisp.
- Serve it hot with idly podi or [garlic pickle](#) or tomato

ketchup or coconut chutney.



Tips

- You can use [whole wheat bread](#) or white bread.
- Add green chilly paste or red chilly paste instead of adding chopped green chillies.
- You can add grated beetroot, cabbage or capsicum for topping.
- Adding curd gives a nice taste to dosa
- If your utthappam sticks to the pan, try to add 2 tbsp of rice flour to the batter.
- You can also make thin crispy dosa without topping.
- Adding ghee to dosa for a great taste.
- Always mix the dosa batter, before you pour dosa batter to the pan, otherwise rava will settle at the bottom.
- Always cook dosa in a medium flame.

Health Benefits of Whole Wheat

- Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
- Reduce the risk of cardiovascular disease.
- Reversing the weight gain process.
- Lowers the risk of diabetes.
- Excellent laxative properties.
- It has powerful antioxidant, which is vitamin E, good for skins.



Beans Mushroom Stir Fry With Coconut Milk / Beans Mushroom Poriyal



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Beans mushroom poriyal / stir fry is very easy to make side dish with very simple ingredients. This dish is a combination of green beans and mushroom. Both are rich in protein and other vital nutrients which are very good for our health. Here I added coconut milk to the veggies which adds a

nice taste to the dish. This can be served with [sambar rice](#), [rasam rice](#), [curd rice](#) or [chapathi](#).

Ingredients

1 Cup of Chopped Green Beans
1/2 Cup of Sliced & Chopped Mushroom, I used Baby Bella Mushroom
2 Tbsp of Chopped Red Onion
1 Finely Chopped Big Garlic Clove / 1/2 Tsp of Garlic Powder
1 Heaping Tsp of [Sambhar Powder](#)
1 Tbsp of Thick Coconut Milk
1/4 Tsp of Garam Masala
Salt as needed

To Temper

2 Tsp of Oil / Butter
1 Tsp of Mustard
1/2 Tsp of Urad Dal
5 Curry Leaves

Method

- Wash and chop the beans and mushroom.
- Heat a pan with oil / butter, add mustard seeds, urad dal and curry leaves, after mustard seeds splutters, add chopped red onion and garlic / garlic powder, saute this for 2 mins until onion turns golden brown.
- Add chopped beans, mushroom and salt , fry this for a min. Add sambhar powder and garam masala, fry this for a min, sprinkle some water, cover and cook it for 5 mins in a medium-high flame or until the vegetables turns soft. Open the pan, add coconut milk, mix well with

vegetables, cook for another 2 mins and turn off the flame.

- Serve hot with [sambar rice](#), [rasam rice](#), [curd rice](#) or [chapathi](#).



Tips

- If you don't have coconut milk, instead you can use cow's milk.
- If you don't have sambhar powder, use 2 tsp of coriander powder, 1 tsp of red chilly powder and 1/2 tsp of turmeric powder.
- If you don't have any masala, just use salt, pepper and garlic powder.

Health Benefits of Green Beans and Mushroom

Green Beans

- Rich source of dietary fiber, folates, vitamin B6 and vitamin A.
- Rich in anti-oxidant, protein and good for cardiovascular system.
- They are good immune booster.

Mushroom

- Good for weight loss.
- Antioxidant and anti-inflammatory properties.
- Good for immune function and cardiovascular benefits.
- Mushroom are low in calories, cholesterol free and rich in vitamin D and selenium



Tags : [Stirfry](#), [stirfryrecipe](#), [poriyal](#), [poriyalrecipe](#), [beansporiyal](#), [beansmushroomporiyal](#), [beansmushroomstirfry](#), [beansfry](#), [vegetablefry](#), [mushroomfry](#), [beansstirfry](#), [mushroomstirfry](#), [sidedishforrice](#), [Indiansidedish](#), [beanssubji](#), [mushroomsubji](#), [sidedishforchapathi](#), [Beanswithcoconutmilk](#)