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| <b>Healthy Indian Bites</b> |
| Eat Healthy, Live Healthy.  |



**Mix Vegetable Curry**

Mix Vegetable Curry is perfect combination of all vegetables. It is complete meal for lunch and dinner. Vegetables are blended with gram flour/ chickpea flour to make it nutritious and healthier. Less oily, less spicy, full pack nutrition for Indian food lovers. It tastes delicious with rice or can be eaten with Roti too. It takes 20-25 min to cook recipe. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, we try to put our best efforts to come up with vegetarian recipes that is full pack nutrition, packed in a meal. Perfect combination of healthy carbs, minerals, vitamins, right fats and proteins all packed in a meal. We look forward for your comments and suggestion. For latest and regular updates, enroll us on our [newsletter](#). For live demo on cooking, please refer our cooking channel on [Social Media](#).

**Instagram ID: [Healthy.Indian.Bites](#)**

**Youtube and Facebook: [HealthyIndianBites](#)**

Is Food Less Nutritious Today?

1. In the world of [processed foods](#), we have compromised with nutrition.
2. [Canned foods](#) that are easy and fast to cook, full of additives and preservatives, contain high simple sugars, are high in calories and lack nutrition value.
3. [Fast foods](#) or [restaurant foods](#) delivered fast and easy, are yummy to eat, but lack right eating habits, that compromise on nutrition.
4. Long run consumption and developing such food habits: may cause obesity, health issues and mental-physical disabilities.

**Best Cooking method of Mix Vegetables**



### *Cooking Ingredients:*

- 250 gm chopped and cleaned mixed vegetables: carrots, green peas, cauliflower and cabbage.
- 1 whole garlic.
- 3 tomatoes.
- 2-3 green chili.
- 1-2 whole onion.
- few strands of coriander.
- 1 teaspoon salt.
- 1 teaspoon whole pepper crushed.
- 1 teaspoon white sesame seeds.
- 1 teaspoon coriander powder.
- 1 teaspoon turmeric powder.
- 1 teaspoon whole cumin.
- 1 teaspoon vinegar.
- 1-2 teaspoons cooking oil.
- 3-4 teaspoons gram flour /chickpea flour.

### *pre-preparation cooking steps:*

1. Boil veggies mix of cabbage, cauliflower, carrot in pressure cooker for 5-7 minutes on low flame. Add sesame and 1 spoon oil to it. (do not whistle).
2. Filter boiled veggies and vegetable broth in separate bowls.
3. Heat 1 whole garlic, green chilli and 1-2 unpeeled whole onions and tomatoes for 3-4 minutes on tawa or grill -stove top tandoor. (Make sure it is just warm). *This step adds flavor and burns harmful bacteria.*
4. Cool down and cut peeled garlic and onion into fine pieces. Similarly, chop green chili into finer pieces.

### *Cooking steps:*

1. Add 1-2 spoons cooking oil. Heat on low flame.
2. Add salt, cumin and 3-4 spoons gram flour to it.
3. Add whole tomatoes. Apply lid. And cook it, till tomatoes get tender.
4. Smash tomatoes. Extract bigger pieces in separate bowl. Grind them in mixer to a paste and add it back again to pan. (make tomato sauce).
5. Add coriander powder, turmeric powder and crushed pepper to a pool. Roast a bit.
6. Add boiled veggies(cabbage, cauliflower, carrot mix).
7. Add 1 spoon vinegar. Mix well.
8. Add vegetable broth obtained boiling veggies.
9. Add boiled green peas to a pool.
10. Let it simmer for 2 to 3 minutes on low flame.
11. Decorate with coriander, Serve hot with rice along with peeled onions.



- Mix Vegetable Curry contains all set of easily available veggies like Tomatoes, Onions, Green Chili, Garlic, Carrot, Cabbage, Cauliflower, Green Peas and Fresh Coriander that is easily available in market.
- It is full pack of Nutrition. Contains full set of different Minerals and Vitamins:
  1. Vitamins and minerals play important role in human health.
  2. It is important for [Metabolic](#) and [catabolic](#) activities occurring human body.
  3. Requirement of [Hormonal activity](#), generate new Cells and keep blood Vessels healthy.
- Mix Vegetable Curry is in combination with gram flour/ chickpea flour. [Gram flour](#) is pack of nutrition that helps lower blood sugar level, fibrous, good protein content, helps reduce [LDL cholesterol levels](#) and much more advantageous carbohydrate content.
- It is less oily, so lesser amount of [saturated fats](#) and no [trans fats](#).
- Spices dipped in 1-2 spoons cooking oil adds flavor, activates fragrance and nutritional value of spices.

Eat Right, Live Right.

Now a days, where youth is highly influenced and habitual eating less nutritious [processed foods](#), there Indian Government has come up with ideas and plans to deal with health issues occurring, due to this. As per "Eat Right, Live Right" [Eat Right India](#) movement, steps and measures taken to educate nutrition to people and build up right standards for healthy living. In support of this, HealthyIndianBites have put voluntary effort to cook food recipes, that may be helpful to people to eat on regular basis.