Ingredients

- Ginger-10gms
- Garlic-5 pods
- Cinnamon-1 stick (2.5 cm)
- Cloves-2
- Water-8 cups
- Green gram (Whole)-3/4 Cup
- Vegetable Oil-2 Tbsp.
- Bay Leaves-2
- Cumin seeds-2 tsp
- Onion-1 Medium
- Quinoa-2 Cups (Washed)
- Potatoe-1 Medium
- Peas-3/4 Cup (Frozen)
- Turmeric powder-1/2 tbsp
- Coriander poder-1 Tbsp.
- Red Chili powder or
- Black Pepper powder-1 tsp
- Sugar-1 tsp
- Salt-2 tsp
- Ghee (Clarified Butter)-2 Tbsp.

Directions

1. Grind together ginger and garlic into a paste.
2. Separately grind together cinnamon and cloves into a paste adding a little water from time to time.
3. In a pan, roast green gram on medium heat till golden brown (approx. 7 mins), stirring constantly.
4. Heat oil in the same pan for about 5 min. Add Bay leaves and cumin seeds. Stir for a few seconds. Add onion and fry till golden brown. Add ginger-garlic paste. Stir for a few seconds. Add washed gram, quinoa and all other ingredients except water, ground spices and ghee. Mix well. Add remaining water (8 Cups) Stir once
5. Transfer the contents into the Crock Pot and cook as per Crock Pot Instruction.