**Healthy Potato filling Recipe without onions (serves approx 80 to 100 people)**

**Ingredients:**

Potatoes 15 lbs

Loose Cabbage (finely shredded) 2 large heads (approx.. 4 lbs)

Carrots (finely shredded) 2.5 lbs

Dry Green peas (soaked overnight) 2 cups

Dry whole moong (soaked overnight) 2 cups

Canned diced tomatoes 1 large can

Oil 4 cups

Mustard seeds 2 tablespoons

Cumin seeds 2 tablespoons

Whole Red Chillies 2 chillies hand crushed

Green Chillies – minced 60 chillies

Curry leaves (finely chopped) 1 bunch

Channa dhal (washed) 1 cup

Urad dhal (washed) ¼ cup or 2 tablespoons

Ginger (finely chopped) ½ lb.

Turmeric 1 tablespoon

Salt ½ cup(flat)

Coriander leaves (finely chopped) 3 bunches(stems and leaves)

Lemon juice 2 tablespoons

**Prep Work:**

\*Wash and cook potatoes in steamer (use trays with holes – no water) for 40 minutes or until tender and peel and mash - Pleasure ensure that there are no large chunks of potatoes

\*Steam soaked green peas and whole moong **for 20 minutes** (with just 2 cups of water) – **gently** mash after cooking

\*Wash and grate cabbage – thin and long

\*Peel, Wash and grate Carrots

\*Stem, wash and mince or chop green chillies

\*Peel and chop or grate ginger (please do not mince)

\*Wash and drain channa dhal and urad dhal

\*Wash curry leaves and coriander leaves (stems and leaves) and chop finely

**Method:**

Place wide and shallow pan on stove

Add 3 cups of oil

When oil is hot enough, add mustard seeds – wait until they stop popping

Add cumin seeds, curry leaves, washed channa dhal and urad dhal

Add grated or chopped ginger

Add finely grated cabbage and finely grated carrots and sautee until almost cooked

Add steamed and gently mashed whole moong and green peas & 1 can diced tomatoes into this

Sautee another 10 minutes

Add well mashed **(grainy but no huge lumps**) potatoes into this

Add Salt and turmeric and mix in and cook for another 10 to 15 minutes

Finally put lemon juice and stir in the finely chopped coriander leaves and

Cover the lid and turn off the stove – taste before serving

One scoop of filling per dosa