Beetroot poriyal (South Indian stir fry)

Ingredients -
- Beetroots - 2 medium
- Onion - 1 small (finely chopped)
- Ginger - 1 inch (grated)

For tempering:
- Mustard seeds - 1 tsp
- Urad dal -½ tsp
- Pinch of turmeric
- Few curry leaves
- A2 ghee - 2 tsp
- Sesame seeds - 2 tsp
- Hing/asafoetida powder - ¼ tsp
- Red chillies - 1 dry (roughly cut into 2 (optional)
- Salt to taste

For Garnish:
- Grated coconut - about 2 to 3 tbsp

Instructions:
1. Wash beets well.
2. Peel and chop into small cubes or grate them.
3. Heat ghee in a deep saucepan or kadai and add mustard seeds and sesame seeds.
4. Once it starts to pop and crackle, toss in the urad dal and fry again for a few seconds until light golden.
5. Add the chopped dry red chillies (optional) along with hing and turmeric powder, sauté again for a few seconds.
6. Now add finely chopped onions and grated ginger and sauté on medium heat for about 1 to 2 minutes until the onions are soft and translucent.
7. Stir in chopped/grated beetroots, curry leave and salt to taste.
8. Mix well and cook covered on medium heat until the beets are slightly soft and cooked about 10 to 12 minutes.
9. Sprinkle water in between if you feel the vegetable is getting too dry.
10. Garnish with grated coconut, give it a good stir and remove from heat.
11. Serve hot with some hot steamed rice and any dal, sambar, rasam or any curry.

Notes:
- You can cook vegetables like carrots, green beans, cabbage, sweet potatoes, etc. the same way.
- You can avoid onions in this dish for a no onion-no garlic stir fry.
- Stir in some immunity powder too for more flavour.
- You can stir in fresh spinach, beet greens or even radish greens along with beets for a more nutritious taste.