

Indian Vegetarian Recipes List for Lockdown

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Here is the list of lockdown recipes that needs less rice, dals, vegetables, oil and ghee during this period. Please alter the recipes by replacing the vegetables with potato, skip onion, garlic, use chilli powder or red chilli in place of green chilli and tomato puree instead of tomato. Use desiccated coconut, frozen vegetables wherever required.

Sl.no	Instant Idli Recipes
1.	Instant rava idli
2	Plain rava idli
3	Instant poha idli
4	Instant quinoa idli
5	Instant bread idli
6	Instant oats wheat rava idli

Sl.no	Idli Dosa Batter Recipes
1	Idli dosa batter in mixie
2	Karnataka style idli rava idli
3	Idli dosa batter using ration rice
4	Idli dosa batter using red rice / Kerala rice
5	Raw rice idli batter
6	Brown rice idli batter
7	Ragi idli dosa batter
8	Oats barley idli
9	Black urad dal idli dosa

10	Kanchipuram idli with raw rice
11	Idli rava idli

Sl.no	Instant dosa varieties
1	Dosa batter using rice flour
2	Instant rava dosa
3	Instant wheat flour dosa
4	Instant ragi dosa
5	Instant oats dosa
6	Instant dosa using leftover rice
7	Instant millet flour dosa/ sathumaavu dosa
8	Neer dosa recipe
9	Instant besan flour dosa / besan cheela
10	Rice dosa (without urad dal)
11	Kabuli chana dosa
12	Green gram dosa without rice
13	Appam dosa with yeast
14	Appam with idli batter
15	Sponge dosa without urad dal
16	Tomato dosa with raw rice
17	Soft dosa using raw rice
18	Puffed rice dosa with raw rice
19	Cheesy uthappam for kids
20	Instant rava roti
21	Adai / Lentil dosa

22	Rava kara adai
23	Vegetable uthappam

Sl.no	Millets and Oats Recipes
1	Foxtail millet idli / thinai idli
2	Pearl millet idli/ Bajra/ Kambu idli
3	Kodo millet idli / Varagu idli
4	Quinoa idli
5	Ragi idli
6	Millet flour porridge (sweet and spicy version)
7	Soft Ragi roti (sweet and spicy version)
8	Ragi puttu (sweet and spicy version)
9	Kambu puttu (sweet version)
10	Ragi vermicelli (sweet and spicy version)
11	Ragi porridge (sweet and spicy version)
12	Ragi poori
13	Buckwheat flour poori
14	Varagu pongal
15	Homemade millet energy mix/ sathumaavu
16	Little millet biryani / Saamai biryani
17	Oats uthappam
18	Oats pongal
19	Oats paniyaram
20	Oats kozhukattai

Sl.no	Sandwich / Toast / Pasta/ Spaghetti Recipes
1	Easy veg sandwich
2	Finger sandwich
3	Grilled cheese sandwich
4	Potato sandwich
5	Iyengar bakery style sandwich
6	Mayonnaise sandwich
7	Bread masala sandwich
8	Avocado sandwich
9	Street food style pav sandwich
10	Paneer sandwich / cottage cheese sandwich
11	Easy chocolate sandwich for kids
12	Bread pizza on tawa , microwave version
13	Cheese garlic bread without oven
14	Eggless wheat flour pancake
15	Fruit and yogurt parfait
16	Veg quesadilla
17	Veg Tacos with baked beans
18	Garlic spaghetti
19	Tomato spaghetti
20	White sauce pasta
21	Veg burger
22	Indian style masala pasta
23	Macaroni upma

Sl.no	Paratha Recipes
1	Super soft chapathi recipe
2	Cauliflower / Gobi paratha
3	Aloo paratha
4	Aloo paratha – Punjabi style
5	Mixed vegetable paratha
6	Palak paratha
7	Avocado paratha
8	Paneer paratha
9	Tofu paratha
10	Malaysian paratha
11	Ajwain paratha
12	Easy mooli paratha / radish paratha
13	Kerala parotta
14	Kothu parotta
15	Masala dahi raitha for side dish
16	Tomato garlic chutney for side dish

Poori Varieties

[Puffy poori recipe](#)

Please check [this link for 10 poori varieties](#) for more poori ideas.

Sl.no	Upma Varieties
1	Homemade Rava upma mix
2	Basic Rava Upma Recipe with video
3	Bansi rava upma
4	Wheat rava upma / Godhumai rava upma
5	Karnataka Kharabath recipe
6	Karnataka hotel style rava uppittu
7	Tomato rava upma
8	Rava kichadi
9	Masala rava kichadi
10	Instant poha upma mix
11	Tamilnadu style Aval upma
12	Tomato Poha/ Thakkali aval upma
13	Gujarati Batata poha
14	Kanda Poha
15	Gopalkala recipe
16	Red poha / Sigappu aval upma
17	Lemon poha / Lemon aval upma
18	Pepper Poha / Milagu aval
19	Vermicelli / Semiya upma with video
20	Fine vermicelli upma
21	Ragi Vermicelli – Sweet and Spicy version
22	Vermicelli biryani without onion garlic
23	Lemon sevai using rice vermicelli
24	Tamilnadu style javvarisi upma
25	North Indian style sabudana kichdi

26	Rice upma in pressure cooker
27	Broken rice upma / Noi arisi upma
28	Puli sundal / Tamarind upma
29	Broken rice tamarind upma
30	Puffed rice upma/ Pori upma
31	Rice moong dal upma
32	Rice green gram upma
33	Upma Urundai
34	Idli upma with leftover idli
35	idli fry
36	Idli fry (low cal version)
37	Bread Upma
38	Macaroni upma
39	Indian style masala pasta

Sl.no	Other Breakfast Recipes
1	Ven pongal in pressure cooker
2	Ven pongal version 2
3	Ven pongal mix
4	Millet pongal
5	Rava Pongal
6	Oats Pongal
7	Idiyappam
8	Lemon Idiyappam
9	Dal idiyappam
10	Rice Porridge

11	Oats porridge
12	Rice vegetable porridge

SIDE DISH RECIPES – Chutney, Sambar, Kurma, Gravies
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In this section, I have shared side dish recipes for idli, dosa, [chapathi](#), [poori](#) and other tiffin varieties. I have shared all the coconut , tomato, onion , garlic and ginger based side dishes assuming you might be getting any or all these vegetables in your place. Please choose the dishes according to the ingredients in your hand and try them.

Sl.no	Chutney varieties
1	15 Coconut chutney varieties
2	20 Tomato chutney varieties
3	Tomato chutney without onion, garlic, coconut
4	Onion chutney without tomato, coconut
5	Onion garlic chutney without tomato, coconut
6	Peanut chutney without onion, garlic
7	Pottukadalai / roasted chana dal chutney without coconut
8	Carrot chutney without coconut
9	Curry leaves chutney without coconut
10	Kadamba chutney
Check out my 65 chutney recipes collection for more options.	

Sl.no	Idli Sambar varieties
1	Instant idli sambar without toor dal
2	Instant tiffin sambar with pottukadalai
3	Tomato sambar without toor dal, coconut
4	Tomato sambar with coconut
5	Tomato sambar with coconut – version 2
6	Tomato sambar without dal for dosa
7	Green tomato sambar / thakkali kai sambar
8	Tomato brinjal sambar
9	Hotel idli sambar
10	Moong dal sambar for idli
11	Udupi sambar without onion garlic
12	Besan sambar
13	Bombay chutney
14	Kumabakonam kadappa
Check out my 30 Idli sambar varieties for more ideas !	

Sl.no	Kurma Varieties / Gravies for roti
1	Dal tadka
2	Restaurant style dal fry
3	Potato kurma
4	Potato masala for poori
5	Aloo bhaji
6	Dum aloo
7	Aloo palak gravy

8	Dahi aloo
9	Aloo peas masala
10	Chana kurma
11	Green gram kurma
12	Chana masala in pressure cooker
13	Chole for bhatura
14	Instant kurma without vegetables
15	Frozen green peas kurma
16	Tomato kurma
17	Brinjal kurma
18	Cabbage kurma
19	Capsicum kurma
20	Tomato capsicum masala
21	Cauliflower kurma
22	Plain salna for parotta, dosa
23	Salem tomato kurma
24	Rajma gravy for rice
25	Paneer recipes collection
Check out my kurma varieties collection for more ideas !	

LUNCH RECIPES

Sl,no	Rice Varieties In Pressure Cooker
1	Tomato pulao
2	Beetroot pulao
3	Sweet corn pulao

4	Cabbage peas pulao
5	Mushroom peas pulao
6	Methi pulao
7	Tindora pulao / Kovakkai sadam
8	Tawa pulao
9	Sprouts pulao
10	Bengali mishti pulao / Sweet pulao
11	Kashmiri pulao
12	Gobi/ cauliflower biryani
13	Palak pulao
14	Chana biryani
15	Rajma biryani
16	Plain brinji rice
17	Ghee rice with brinjal gravy
18	Mushroom biryani
19	Mixed pulses biryani
20	Paneer biryani
21	Spinach biryani
22	Chettinad potato biryani
23	Coriander leaves biryani
24	Karnataka style veg pulao
25	Restaurant style veg pulao
26	Veg fried rice in rice cooker
27	Tomato rice in pressure cooker
28	Tomato rice in rice cooker
29	Bisibelebath

30	Bachelors style Sambar rice in pressure cooker
31	Hotel style sambar rice
32	Lemon rice
33	Coconut rice
34	Tamarind rice
35	Andhra tamarind rice
36	Peanut rice
37	Curd rice

Sl.no	Kuzhambu Varieties Without Vegetables
1	Paruppu kuzhambu
2	Tomato kuzhambu without dal
3	Manathakkali vathal kuzhambu
4	Sundakkai vatha kuzhambu
5	Vendhaya kuzhambu / masala kuzhambu
6	Hotel style kara kuzhambu
7	Iyengar milagu kuzhambu
8	Poondu kuzhambu / Garlic kuzhambu
9	Inji kuzhambu / Ginger kuzhambu
10	Thattapayaru kuzhambu
11	Mochai kuzhambu
12	Kara kuzhambu (skip brinjal)
13	Instant more kuzhambu without coconut
14	More kuzhambu with onion

15	Kondakadalai kuzhambu
16	Chettinad Paruppu urundai kuzhambu
17	Iyengar paruppu urundai kuzhambu
18	Pakoda kuzhambu
19	Soya chunks kuzhambu
20	Arachuvitta Sambar without toor dal
21	Cauliflower kuzhambu
22	Mushroom kuzhambu
23	Appalam kuzhambu
Check out my 75 Kuzhambu recipes for more ideas !	

Sl.no	Rasam Varieties
1	Tamilnadu style basic rasam
2	Tomato rasam without dal
3	Garlic rasam
4	Pepper rasam
5	Paruppu rasam
6	Veppam poo rasam
7	Karnataka style dal rasam
8	Orange juice rasam

Sl.no	Poriyal/ Curry Recipes
1	Easy potato curry
2	Potato curry without onion garlic

3	Potato curry
4	Sweet potato curry
5	Potato poriyal
6	Baby potato fry
7	Arbi curry
8	Arbi roast
9	Elephant yam poriyal
10	Double beans poriyal
11	Mushroom poriyal
12	Mushroom pepper fry

Sl.no	Pachadi / Thogayal / Podi Recipes For Rice
1	Gooseberry pachadi
2	Ginger pachadi
3	Puli inji
4	Garlic thogayal
5	Coriander seeds spice powder
6	Milagu jeeraga podi (Pepper cumin spice powder for rice)
7	Sesame seeds podi for rice
8	Sesame seeds podi for idli
9	Sundakkai vathal podi for rice
10	Pepper podi for idli
11	Idli milagai podi with garlic
12	Ginger legiyam for digestion
Check out my 15+ thogayal varieties for more interesting and healthy ideas !	

Sl.no	Beverage / Drinks
1	Turmeric milk
2	Masala chai
3	Ginger cardamom tea
4	Ginger tea
5	Sukku malli coffee
6	ABC juice
7	Watermelon juice
8	Musk melon juice
9	Aam ka panna
10	Pineapple juice
11	Ganga jamuna juice
12	Orange mocktail
13	Banana stem juice
14	Sharjah shake
15	Rose milk
16	Badam milk
17	Mint lemon juice

Sl.no	Snacks Recipes With Less Oil
1	Microwave cornflakes mixture/ chivda
2	Kellogs cornflakes mixture with less oil
3	Idli fry (low cal version)
4	Ammini kozhukattai

5	Kara Pidi kozhukattai
6	Neer urundai
7	Kanda poha
8	Aloo poha without onion
9	Kara pori with garlic
10	Beach style kara pori
11	Roasted Phool makhana
12	Masala peanuts in microwave
13	Sundal varieties (Green gram , white / brown chana, frozen peas, sweet corn, Rajma)
14	Boiled peanut chaat (You can use boiled sweet corn instead of peanuts)
15	Butter cup corn
16	Eggless French toast
17	Microwave dhokla
18	Vegetable Spring roll in air fryer
19	French fries (Baked version details shared)
20	Fryums chaat
21	Chocolate toast
22	Chocolate quesadilla
23	Veg cutlet
24	Aloo patties (shallow fry in oil)
25	Potato nuggets (Shallow fry in oil)
26	Bread rava toast without curd
27	Bread besan toast
28	Easy garlic bread
29	Easy bread pizza

30	Potato bread roll (shallow fry in oil)
31	Gujarati Dabeli
32	Mumbai pav sandwich
33	Bhel puri
<p>Check out this link for MURUKKU RECIPES</p> <p>Check out this link for VADA RECIPES</p> <p>Check out this link for BAJJI BONDA RECIPES</p> <p>Check out this link to see all my snacks recipes collection !</p>	

Sl.no	Sweets Recipes With Less Ghee
1	Sweet ammini kozhukattai
2	Sweet pidi kozhukattai
3	Chettinad paal kozhukattai
4	Easy paal kozhukattai
5	Puran poli with wheat flour
6	Sweet appam with wheat flour
7	Instant ghee appam
8	Peanut laddoo with jaggery
9	Peanut laddoo with skin
10	Rava laddoo
11	Moong dal laddoo
12	Dates and nuts laddoo
13	Besan laddoo
14	Wheat flour laddoo

15	Roasted gram dal / Pottukadalai ladoo
16	Poha ladoo / Aval ladoo
17	Coconut ladoo without condensed milk
18	Millets ladoo
19	Paneer ladoo
20	Cashew badam burfi
21	Almond burfi / Badam burfi
22	Cashew burfi / Kaju katli
23	Coconut burfi
24	Milk powder burfi
25	Coconut khoya burfi
26	Dates and nuts roll
27	Maida milk powder burfi
28	Gud papdi
29	Bread pudding
30	Bread rasmalai
31	Bread kaja (shallow fry bread pieces)
32	Gulab jamun with readymade mix (Exceptional sweet for celebrations : :)
33	Dry jamun recipe
If you are looking for more sweets recipes, please check this link !!	

Friends, do check out the above list. Choose the recipes based on the ingredients in your hands and try them. If you find this list useful, do share with your friends and family members. Do leave a comment in my blog www.chitrasfoodbook.com . It will make me happy 😊. Stay safe and take care !!