

# Indian Vegetable Rice

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/best-indian-vegetable-rice-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 1 small onion diced
- 1 garlic clove small, minced
- 1 cup brown basmati rice
- 1 russet potato Small, peeled and diced into 1/2 inch cubes
- 1 medium carrot peeled and chopped
- 1 teaspoon kosher salt
- 2 teaspoons curry powder
- 2 cups water
- 1/2 cup frozen peas

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 50 grams
3. Fat: 5 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 640 milligrams
8. Sugar: 3 grams

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