

Vegetarian Biryani (Indian Rice) Stuffed Winter Squash

Yield: 4 min
Total Time: 95 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-biryani-side-gravy-recipe-indian>

Ingredients:

- 1 tablespoon butter oil
- 1/2 large yellow onion medium to, diced
- 2 whole carrots about 1/2 cup chopped
- cauliflower cut into smaller than bite-size pieces, 1 cup after prepping
- 5 large kale leaves
- 3 mustard greens
- 1 cup cooked chickpeas this is flexible, go ahead and use a full 16 oz can if you wish!
- 2 cloves garlic minced
- 1/2 teaspoon Garam Masala don't skip this!
- 1 teaspoon fresh grated ginger
- salt
- pepper
- 1 tablespoon butter oil
- 1 cup basmati rice . We personally prefer the added nutritional value of brown basmati rice over white.
- 2 cups vegetable broth low-sodium or full sodium, your choice
- 1 clove garlic minced
- 1/2 teaspoon fresh grated ginger
- 1/2 teaspoon Garam Masala
- 1 cinnamon stick sub with 1/2 tsp ground cinnamon
- 1/2 teaspoon turmeric powder sub with 1/2 Tbsp fresh grated turmeric if you happen to have some
- 2 bay leaves
- 1/2 teaspoon chili powder if you prefer your biryani with some heat, we skip this, optional
- 1/4 cup dried cranberries sub with golden raisins or dried cherries
- 1/4 cup chopped nuts roughly, such as cashews, almonds or walnuts, sub with shelled pumpkin seeds if you have a nut allergy.
- 8 ounces crumbled feta cheese not traditional to biryani, but delicious!
- fresh cilantro chopped as a topping at the time of serving
- plain yogurt also for topping at the time of serving
- 2 winter squash hard, choice, with a good size "bowl" such as Acorn squash, Delicata, Kabocha, or sugar pie pumpkins

- cooked vegetables
- 1 tablespoon butter oil
- 1 large yellow onion medium to, diced
- 2 whole carrots about 1/2 cup chopped
- 1 cup cauliflower florets cut into smaller than bite-size pieces
- 5 leaves large kale leaves or a small bunch de-stemmed and chopped. About 1/2 to 2/3 packed cup after prepping.
- 1 cup cooked chickpeas up to a full 15-16 ounce can
- 2 cloves garlic peeled and minced
- 1/2 teaspoon Garam Masala
- 1 teaspoon fresh grated ginger
- salt
- pepper
- 1 cup basmati rice brown or white
- 2 cups vegetable broth regular or low sodium – salt the veggies less if using full-sodium
- 1 tablespoon butter oil
- 1 clove garlic peeled and minced
- 1 teaspoon fresh grated ginger
- 1/2 teaspoon turmeric powder 1/2 Tbsp if using fresh grated turmeric
- 1/2 teaspoon Garam Masala
- 2 bay leaves
- 1 cinnamon stick sub with 1/2 tsp powder
- 1/2 teaspoon chili powder if you prefer your biryani with some heat, optional, we skip this
- 1/4 cup dried fruit cranberries, cherries or golden raisins
- 1/4 cup chopped nuts roughly, cashews, almonds or walnuts – sub with pumpkin seeds for those with tree nut allergies
- 5 ounces crumbled feta cheese not traditional to biryani, but delicious!
- chopped fresh cilantro to sprinkle on top at the time of serving
- plain yogurt add a dollop at the time of serving

Nutrition:

1. Calories: 1160 calories
2. Carbohydrate: 157 grams
3. Cholesterol: 125 milligrams
4. Fat: 46 grams
5. Fiber: 16 grams
6. Protein: 37 grams
7. SaturatedFat: 24 grams
8. Sodium: 2750 milligrams
9. Sugar: 32 grams

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