

# Spicy Indian Chickpea and Quinoa Pulao

Yield: 4 min  
Total Time: 12 min

Recipe from: <https://www.recipeschoose.com/recipes/cranberry-cookies-recipe-indian>

## Ingredients:

- 1 cup rice blend TruRoots Quinoa -
- 1/2 cup chickpeas Cooked, storebought or homemade
- 1 cup vegetable Frozen Mixed
- 1/4 teaspoon ginger + Garlic Paste, you may increase or decrease paste as per taste
- 2 cups vegetable stock you may use water too
- 3 tablespoons olive oil
- 2 tablespoons cranberries optional, to decorate
- 1 tablespoon chopped fresh cilantro to decorate
- 2 bay leaf
- 3 whole green cardamom crushed
- 2 cloves
- 1/2 teaspoon cumin seeds Whole
- 1/4 cinnamon stick
- 1/2 teaspoon Garam Masala
- 1 pinch black pepper
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 27 grams
3. Fat: 11 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 860 milligrams
8. Sugar: 1 grams

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