

# Vegetarian Indian Rice and Potatoes

Yield: 6 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-indian-dishes-recipe>

## Ingredients:

- 2 potatoes medium, peeled and cut into sticks
- 3 tablespoons yogurt
- 2 tablespoons fresh cilantro minced
- 1 teaspoon ginger peeled and minced
- 2 cloves garlic
- 6 whole cloves
- 1 cinnamon stick
- 1 bay leaf
- 1 1/2 teaspoons cumin seeds
- 3 tablespoons oil
- 1 cup rice
- 1 cup chickpeas dried and soaked, or 1 can, rinsed
- 3/4 teaspoon turmeric
- 1 teaspoon light brown sugar
- 1 teaspoon salt
- 1 teaspoon lime juice
- 2 cups water
- 1/2 cup frozen peas
- 1 tablespoon butter

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 4 grams
6. Protein: 5 grams

7. SaturatedFat: 2 grams
  8. Sodium: 530 milligrams
  9. Sugar: 2 grams
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