

Indian Spiced Basmati Rice

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-delights-quick-peas-and-rice-recipe>

Ingredients:

- 1 cup basmati rice
- 1 1/4 cups water
- 1 tablespoon canola oil
- 1/2 cup diced red onion
- 1 tablespoon minced garlic
- 1/2 cup chopped tomato
- 1/2 cup eggplant diced
- 1/2 cup potato diced golden
- 1 teaspoon cumin powder
- 1 teaspoon curry powder
- 1 teaspoon coriander powder
- 1 teaspoon salt
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground ginger
- 1/2 teaspoon cayenne pepper
- 1/4 cup peas
- fresh tomatoes optional

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 47 grams
3. Fat: 4 grams
4. Fiber: 3 grams
5. Protein: 5 grams
6. Sodium: 600 milligrams
7. Sugar: 3 grams

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