

Veg Pulao

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/veg-recipe-of-india-tomato-pulao>

Ingredients:

- 2 cups basmati rice
- 2 onions medium, roughly chopped
- 2 potatoes chopped in cubes
- 1/4 cup french beans chopped in cubes
- 1/4 cup carrots chopped in cubes
- 1 bell pepper chopped in cubes
- 1 bowl cauliflower florets gobi florets
- 1/4 cup green peas fresh or frozen
- 2 1/2 cups water
- 2 tablespoons cooking oil
- 1 teaspoon jeera / Cumin seeds
- 1 teaspoon mustard seeds Rai/
- 3 green chillies roughly chopped
- 1 teaspoon lal mirch powder / Red chilli powder
- 1/4 teaspoon haldi / Turmeric powder
- 1 teaspoon kitchen king masala
- 1 teaspoon Garam Masala
- 1 tablespoon lemon juice
- salt per taste

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 104 grams
3. Fat: 8 grams
4. Fiber: 7 grams
5. Protein: 11 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 230 milligrams
8. Sugar: 7 grams

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