

Vegetable Biryani

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/pea-and-peppercorn-mash-new-mexico-recipe>

Ingredients:

- 2 tablespoons ghee clarified butter, or olive oil
- 1 red onion cut into 1/2-inch dice
- 1/2 teaspoon cumin seed
- 1 piece cinnamon stick
- 7 peppercorns
- 1 tablespoon garlic paste ginger
- 1 tomato diced
- 1/2 cup water
- 1/2 cup peas
- 1/2 cup carrot diced
- 1/2 cup potato diced
- 1 cube chicken bouillon
- 1 teaspoon salt
- 1/4 teaspoon red chile pepper ground
- 1/4 teaspoon black pepper
- 1/2 teaspoon garam masala
- 1/4 teaspoon ground turmeric
- 4 cups water
- 2 cups basmati rice rinsed and drained

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 86 grams
3. Fat: 6 grams
4. Fiber: 4 grams
5. Protein: 9 grams
6. Sodium: 810 milligrams
7. Sugar: 4 grams

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