

Persian Rice with Saffron and Asparagus

Yield: 8 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-persian-rice-recipe>

Ingredients:

- 2 cups rice long grain, fragrant, like basmati, washed several times, then soaked in water for 30 minutes
- 2 bay leaves
- 2 1/2 tablespoons vegetable oil
- 2 onions medium, thinly sliced
- 3 cloves garlic thinly sliced
- 1/2 teaspoon turmeric
- 1 teaspoon cayenne pepper
- 3/4 teaspoon ground cinnamon
- 3 tomatoes large, diced, or use 3 cups canned, diced tomatoes
- 1/2 teaspoon saffron mixed with 1/4 cup of any non-dairy milk and set aside for a few minutes
- 14 ounces super firm tofu optional. If using cut the tofu into 1/2-inch cubes
- 1 pound asparagus tough ends trimmed, and tender parts cut into 1/2 inch pieces
- 1 lemon
- salt
- ground black pepper

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 24 grams
3. Fat: 9 grams
4. Fiber: 4 grams
5. Protein: 11 grams
6. SaturatedFat: 1 grams
7. Sodium: 110 milligrams
8. Sugar: 4 grams

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