

Indian Style Masala Pasta

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-vegetable-roti-recipe>

Ingredients:

- 1 1/2 cups brown rice pasta
- 1/2 onion chopped finely
- 4 garlic cloves minced
- 1 teaspoon ginger minced
- 2 tablespoons peanut oil
- 1 teaspoon cumin seeds
- 2 green chilies chopped
- 1 cup veggies
- 2 tomatoes finely chopped
- 2 tablespoons tomato ketchup
- 2 tablespoons Ragu Pasta Sauce
- 1 teaspoon turmeric powder
- 1 teaspoon red chili powder
- 1 teaspoon chaat masala
- 1 teaspoon Garam Masala Powder
- salt as per taste
- 3 tablespoons grated cheese
- cilantro to garnish, optional

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 41 grams
3. Fat: 8 grams
4. Fiber: 4 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 300 milligrams
8. Sugar: 7 grams

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