

Uzbek Beef Plov – Rice Pilaf

Yield: 8 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-rice-plov-recipe>

Ingredients:

- 1 1/2 pounds stewing beef or any inexpensive beef cut
- 1/3 cup cooking oil I like olive or avocado
- 2 onions medium, chopped
- 3 carrots medium, cut into matchsticks
- 2 1/2 teaspoons salt divided
- 1/2 teaspoon black pepper freshly ground
- 1 teaspoon paprika powder
- 1 teaspoon ground cumin
- 4 bay leaves
- 5 3/4 cups hot water divided
- 3 cups long-grain rice parboiled rice makes for great texture results
- 1 head garlic
- 1 teaspoon ground coriander

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 61 grams
3. Fat: 10 grams
4. Fiber: 2 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 770 milligrams
8. Sugar: 2 grams

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