

Summer Tomato Indian Pilaf

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/summer-recipe-ideas-indian>

Ingredients:

- 2 cups basmati rice
- 1 cup tomatoes diced
- 1/4 gram saffron
- 4 tablespoons butter
- 4 tablespoons olive oil
- 20 curry leaves
- 3 inches cinnamon stick
- 5 cloves
- 2 cups onions chopped
- 1 teaspoon cumin ground
- 2 teaspoons coriander ground
- 1 green bell pepper diced
- salt
- pepper
- 2 cups beans Roma, cooked OR white beans, cooked
- 4 cups small tomatoes assorted

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 92 grams
3. Cholesterol: 30 milligrams
4. Fat: 26 grams
5. Fiber: 7 grams
6. Protein: 10 grams
7. SaturatedFat: 9 grams
8. Sodium: 300 milligrams
9. Sugar: 7 grams

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