

South Indian Tomato Rice in instant Pot

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-rice-recipe-north-indian-style>

Ingredients:

- 2 tomatoes Ripened, medium size
- 1 onion
- 1 inch ginger finely chopped
- 2 cloves garlic finely chopped
- 2 green chillies
- 1 tablespoon ghee / Oil
- 1 teaspoon mustard seeds
- 1 teaspoon fennel seeds
- 1 red chilli
- 1/4 teaspoon fenugreek seeds optional
- 1 tablespoon chana dal
- salt as needed
- 1/4 teaspoon turmeric powder
- 1 teaspoon chilli powder
- 1/2 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 cup rice
- 2 cups water
- 1/4 cup coriander leaves plus 1 tbsp for garnishing, optional
- 1/4 cup mint leaves

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 24 grams
3. Fat: 3 grams
4. Fiber: 3 grams
5. Protein: 3 grams

6. Sodium: 210 milligrams

7. Sugar: 5 grams

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