

Uzbek Plov

Yield: 6 min
Total Time: 60 min

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

Ingredients:

- 2 pounds meat fresh Lamb
- 2 onions medium
- 5 carrots medium size
- 3 1/2 cups rice Saleem Basmati
- 1 teaspoon ground cumin
- 1/2 teaspoon cumin whole
- 1 teaspoon freshly ground black pepper
- 3 teaspoons salt
- 6 1/2 cups water previously boiled
- chickpeas optional
- garlic bulb optional
- 200 milliliters canola oil

Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 110 milligrams
4. Fat: 67 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 17 grams
8. Sodium: 1320 milligrams
9. Sugar: 4 grams

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