

CSA Layered Indian Dinner

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 2 cups water
- 1/2 cup yellow split peas moong dal, red lentils or combination
- 2 teaspoons ginger 8 g, grated
- 1 teaspoon minced garlic
- 1/2 teaspoon ground cumin
- 1/2 teaspoon Garam Masala
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon chili powder
- 1/8 teaspoon ground coriander
- 2 cups turnip diced, beet potato or other root vegetable
- 1 tablespoon water
- 1 tablespoon shredded coconut finely
- 1 teaspoon curry leaves crumbled, dry or fresh, optional
- 1/2 teaspoon ginger grated
- 1/4 teaspoon minced garlic
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon Garam Masala
- 1/8 teaspoon chili powder
- 1/8 teaspoon fennel seeds
- 1 cup brown basmati rice
- 1 1/4 cups water
- salt to taste

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 56 grams
3. Fat: 2 grams

4. Fiber: 10 grams
5. Protein: 11 grams
6. SaturatedFat: 1 grams
7. Sodium: 260 milligrams
8. Sugar: 6 grams

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