

Instant Pot Vegetable Biryani

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetable-biryani-traditional-indian-food-recipe>

Ingredients:

- 1 cup basmati rice love this brand, soaked 15 minutes
- 2 tablespoons oil
- 5 cardamom pods
- 4 whole cloves
- 2 bay leaf
- 1/2 cinnamon stick
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon fennel seeds
- 1 onion thinly sliced
- 2 teaspoons minced garlic
- 1 teaspoon minced ginger
- 1 1/2 teaspoons salt
- 1 teaspoon coriander powder
- 1 teaspoon paprika
- 1/2 teaspoon garam masala
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne adjust to taste
- 1/4 teaspoon ground cumin
- 1/4 teaspoon turmeric
- 1 bell pepper cut into strips
- 1 cup baby carrots approx 9-10 baby carrots, cut into half
- 2 cups veggies frozen, I use 1 cup corn and 1 cup peas
- 4 gold potatoes small, approx. 1/2 pound, cut in half
- 1 cup water
- cilantro leaves chopped
- mint leaves chopped
- ghee optional
- cashews optional
- raisins optional

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 87 grams
3. Fat: 12 grams
4. Fiber: 13 grams
5. Protein: 14 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 950 milligrams
8. Sugar: 9 grams

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