



## **Rice Pulao** A rice and vegetable dish from India

Serves 8

### **INGREDIENTS**

2 tablespoons olive or canola oil  
1 tablespoon cumin seeds  
1 onion, white or red, diced  
1 cup diced carrots  
1 cup frozen peas  
2 cups Basmati rice, washed and soaked for 5 minutes in warm water  
2½ cups water  
1 teaspoon butter  
2 teaspoons vinegar  
¼ teaspoon salt

### **DIRECTIONS**

1. In a large pot on medium heat, combine the oil, cumin seeds and butter. Add the onion and sauté for 5 minutes.
2. Add the carrots and peas to the pot, sauté for another 5-10 minutes, until tender.
3. Add 2½ cups of water and 2 cups Basmati rice to the pot. Cover the pot and simmer on medium heat until all the water evaporates and rice is cooked. Remove from heat and let sit for 5 minutes before serving.

### **NUTRITION:**

250 calories  
5 g protein

84 mg phosphorus  
160 mg potassium

65 mg sodium