



Vegetable Rice (Pulav)

Vegetable rice is a traditional Indian recipe that is gluten free and also vegan. This great spicy vegetable with rice mix is a great dish for lunch or a side dish. It also makes for a great one-dish meal on nights when you are pressed for time to cook.

Yogurt or chutney can be served on the side.

Ingredients:

- 1 cup basmati rice or long-grained rice
- 2 cups water
- 3 tablespoons of oil
- 1 teaspoon cumin seeds
- 2 bay leaves
- 1/2 cinnamon stick
- 2 cloves
- 1 black cardamom
- 1 teaspoon salt

- 3 tablespoons of oil
- 1 teaspoon cumin seeds
- 1 medium size dices potato
- 1 chopped carrot
- 1 cup cauliflower in small pieces
- 1 cup frozen green peas
- 1 cup of red bell pepper chopped
- 2 Serrano peppers
- 1 teaspoon chopped ginger
- 1 teaspoon salt

Garnish: 2 tablespoons cilantro and finely chopped tomatoes

Preparing the rice:

1. Using a large saucepan, add the oil and heat. *You can test to see if the oil is hot enough by adding one cumin seed; if seed cracks right away oil is ready.*
2. Add the spices (cumin seeds, bay leaves, cinnamon stick, cloves, and cardamom) to the pan. Stir for few seconds.
3. Add the rice and stir fry for 2 minutes.
4. Add water and salt.
5. Bring the pot to a boil, and then turn the heat to low. Cover the pan.
6. Cook until the rice is tender and the water has evaporated (about 15 minutes). Turn off the heat and fluff the rice with a fork.

Preparing the vegetables:

1. Use a skillet or frying pan to cook the vegetables. Set the heat to medium high.
2. Add the vegetables in steps, starting with the vegetables that need the most time to cook first. The vegetables that need the least time will be added last.
3. Add cumin seeds after cumin seeds crack, add potatoes, stir-fry them for about 2 minutes.
4. Add cauliflower and carrots. Let them cook for about another 3 minutes, stirring occasionally.
5. Next add green peas, bell pepper, ginger and green chilies. Cover the pan.
6. Let the vegetables cook for a few minutes till vegetables are tender. Turn off the heat.
7. Fold the rice gently into the vegetables. Transfer to a serving dish and garnish the rice dish with cilantro leaves and tomatoes.

Bonus Items

If you want to watch the video again, click [here](#).

Long grain aromatic basmati rice releases a beautiful aroma. The grains are more than double in length with a fluffy texture. Once you try the real thing you will never go back to plain old rice! You can find it online [here](#).

