



Brown Basmati Rice and Peas

Storage instructions: Store, covered, in refrigerator for up to 5 days.

U.S.

1 tsp	Olive Oil
1/2 tsp	Cumin, ground
1 each or 1/4 tsp ground	Cardamon Pods (or ground)
1/2 medium	Onion
1 cup	Basmati Rice, Brown
2 cups	Vegetable Stock or Water
1/8 tsp	Salt, Kosher
3/4 cup	Peas, frozen

Metric

5 mL
1 g
1 g or 0.7 g ground
1/2 medium
197 g
1/2 liter
.6 g
108 g

Preparation:

1. Gather all ingredients and equipment.
2. Crack cardamom pods open with the side of a knife.
3. Put oil in a medium saucepot and heat on medium heat. When heated, put in cumin seeds and cardamom pods and stir for 5 seconds. Remove cardamom pods with slotted spoon. Next, add onion and cook until lightly browned. (**If using ground spices, sauté onion first and then add spices.)
4. Add rice and salt to the pot and stir, cooking for about 3 minutes to toast.
5. Add the water and bring to a boil. Cover and turn heat to low and simmer until rice is tender, about 30-40 minutes.
6. In the last 2 minutes, stir in the peas to heat through.
7. Turn heat off and then serve.

Nutrition Facts	
Serving size	1/2 cup
Servings	5
Calories	171
Calories from Fat	20
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	89 mg
Carbohydrates	33 g
Dietary Fiber	3 g
Sugars	2 g
Protein	4 g
Vitamin A	0 %
Calcium	2 %
Vitamin C	1 %
Iron	4 %
Phosphorus	128 mg
