



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

### Metric

5 mL
1 g
1 g or 0.7 g ground
1/2 medium
197 g
473 mL
0.6 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 40-45 minutes.
6. In the last 2 minutes, stir in the peas to heat through.
7. Turn heat off and then serve.

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## Nutrition Facts

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6 Servings

**Serving size** 1/2 cup

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**Amount per serving**

**Calories** 140

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<b>Total Fat</b>	2 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	75 mg
<b>Total Carbohydrate</b>	28 g
Dietary Fiber	2 g
Total Sugars	2 g
Includes 0g Added Sugars	
<b>Protein</b>	3 g
Vitamin D	0 %
Calcium	0 %
Iron	3 %
Potassium	95 mg
Phosphorus	100 mg

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