



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	Brown Basmati Rice
2 cups	Vegetable Stock or Water
1/8 tsp	Kosher Salt
3/4 cup	Peas, frozen

Metric

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

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 20-25 minutes.
6. In the last 2 minutes, stir in the peas to heat through.
7. Turn heat off and then serve.

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

Serving size 1/2 cup

Amount per serving

Calories 140

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