Vegetable Pulao

by Anand Lila devi dasi



Ingredients

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Rice	2 C
Water	4 ½ C
Oil	3 Tbsp
Asafetida	1/4 Tsp
Bay Leaves	3
Cumin Seeds	1 Tsp
Cabbage chopped in thin strips	2 C
big red or green Bell pepper cut in long strips	1
green Peas	1 C
Turmeric powder	1/2 Tsp
Salt	1 Tsp

Preparation

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- 1) Combine rice and water in a saucepan, bring it to a boil, then immediately reduce the heat to low, cover with a tight fitting lid, without stirring, cook it over low flame till rice is tender. Remove from heat.
- 2) After 10 min, cool the rice in a plate.
- 3) In a pan heat oil; add asafetida, bay leaves, cumin seeds, and when they darken a little bit add the cabbage. Stir fry for few moments, and then add bell peppers and sauté until they are tender-crisp. Add the peas, turmeric and salt. Toss well so that the vegetables are coated with the spices nicely.
- 4) Combine the rice and the spiced vegetables together. Serve hot.

Serves

Four-Five

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