



## Indian Vegetable and Rice Skillet Meal

Serving Size: 1 cup

Yield: 10 Servings

### Ingredients:

2 teaspoons vegetable oil	carrots, or peas)
1 onion, chopped	1 cup white rice, uncooked
1 teaspoon ginger, fresh or half as much ground	1/2 teaspoon salt
1/2 teaspoon turmeric	2 1/2 cups water
1/2 teaspoon cumin powder	1 can kidney beans, drained (15.5oz)
2 cups mixed vegetables, chopped (cauliflower, peppers,	1 large baking potato, peeled and diced



### Directions:

1. Heat oil in a large skillet over medium heat.
2. Add onion, ginger, turmeric and cumin, and stir while cooking for 1 minute.
3. Add remaining ingredients. Bring to a boil, cover, and reduce heat.
3. Simmer 20-25 minutes. Serve hot.

**Flavor boosters:** Cook 1/2 cup raisins or diced apples with vegetables.

**Nutrition Facts:** Calories, 160; Calories from fat, 10; Total fat, 1.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 25mg; Total Carbohydrate, 33g; Fiber, 6g; Protein, 6g; Vitamin A, 25%; Vitamin C, 20%; Calcium, 2%; Iron, 6%.

**Source:** Oregon State University Extension Service, [www.foodhero.org](http://www.foodhero.org)



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