

# Indian Vegetable and Rice Skillet

Scan for interactive recipe



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

**Serves:** 10

**Prep:** 15 minutes | **Cook:** 30 minutes

## INGREDIENTS

- 2 teaspoons Vegetable Oil
- 1 Onion, chopped
- 1 teaspoon ground Ginger
- 1/2 teaspoon Turmeric
- 1/2 teaspoon Cumin
- 2 cups mixed Vegetables (Cauliflower, Peppers, Carrots, or Peas), chopped
- 1 large baking Potato, cubed
- 1 cup White Rice, uncooked
- 2 1/2 cups Water
- 1 (15 ounce) can Kidney Beans, low sodium, drained, rinsed
- 1/2 teaspoon Salt, optional

## DIRECTIONS

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



Nutrition Information	
<i>Serving Size: 1 cup</i>	
<b>Calories</b>	<b>171</b>
<b>Total fat</b>	<b>1 g</b>
Saturated Fat	0 g
Trans fat	
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>70 mg</b>
<b>Carbohydrates</b>	<b>34 g</b>
Fiber	5 g
Sugars	3 g
<b>Protein</b>	<b>6 g</b>

Recipe adapted from: USDA  
MyPlate