

Curried Rice Pilaf

Category: Vegetable

Servings: 8

Rating: 0

Source: Liz Spence

Description:

Ingredients:

vegetable oil	1 tablespoon
onion	3 large, coarsely chopped
garlic	4 crushed cloves
curry powder	2 teaspoons
cumin seeds	2 teaspoons or 1/2 teaspoon ground
turmeric	1/2 teaspoon
salt	1/2 teaspoon
red bell pepper	one
green bell pepper	one
rice	2 cups long grain white
chicken broth	or boullion, 4 cups
green onion	4, thinly sliced

Instructions:

Heat oil over medium-low heat in a medium saucepan. Add the chopped onions and garlic. Sprinkle in curry powder, cumin, turmeric, and salt. Sauté, stirring frequently until the onions are soft, about 5 minutes.

Meanwhile, seed the peppers and slice into thin strips. Stir rice into the curry mixture until it is evenly coated. Add the boullion and bring the mixture to a boil. Reduce heat to low, cover, and simmer gently without stirring until the rice is almost tender, about 18 to 20 minutes. Stir in the peppers, cover, and continue cooking until the rice is tender and the peppers are done as you like, about 5 minutes more. Remove from heat and stir in the green onions.