

Tomato Pulav

This classic recipe is a tangy, flavorful South Indian rice dish made with tomatoes, green peas, and spices. Rice is the predominant grain in South Indian cuisine and there is a wide array of rice-based dishes served at different meals. Try serving Tomato Pulav with papadum and a cooling dip made from yogurt and cucumber.

SERVING SIZE: MAKES 4 SERVINGS (½ CUP EACH)
PREPARATION TIME: 40 MINUTES



Ingredients

- 1 cup basmati rice, uncooked
- 1 tablespoon canola oil
- 1 teaspoon cumin seeds
- 6 whole cloves
- 2 (1-inch) cinnamon sticks
- 1 teaspoon garlic, minced
- 1 teaspoon garam masala
- 1 cup frozen peas, thawed
- 1 (14.5-ounce) can diced tomatoes with green chili, with juice
- 1½ cups water
- ½ teaspoon salt (optional)
- ¼ cup cilantro or fresh mint, finely chopped

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About the Recipe Author

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Instructions

1. Rinse rice, place in a bowl, cover it with water, and soak for 20 minutes.
2. Heat oil in a saucepan on medium-high heat. Add cumin seeds, cloves, and cinnamon sticks, sauteing until fragrant and cumin turns a darker brown, about 10-20 seconds.
3. Add minced garlic and garam masala; sauté for 10 seconds.
4. Add tomatoes, water, and salt, if using, and bring to a boil.
5. Add rice and peas. Stir well and bring to a boil.
6. Reduce heat to low, cover with a lid, and cook for 10-15 minutes until rice is done.
7. Turn off the stove, add finely chopped herbs.
8. Fluff the rice and serve.

Note: You can substitute brown basmati rice to make it a whole grain option by modifying the water and cooking time. Discard whole cloves and cinnamon before eating. Garam masala is a key spice mixture used in many Indian dishes which may be found in many well-stocked markets, Indian markets, or online.

Nutritional Analysis (½ cup serving): 163 Calories, 27 g carbohydrate, 3 g fiber, 4 g total sugar, 0 g added sugar, 4 g fat, 0 g saturated fat, 0 g cholesterol, 5 g protein, 296 mg sodium

