

LiveBetter with MedWatch

Curried Rice Pilaf

Ingredients

- 1 tbsp canola oil
- 1 medium onion, finely chopped
- 3 large garlic cloves, minced
- 1 tbsp tomato juice/puree
- 1 tbsp curry powder, (the darker the better)
- 1/2 tsp salt
- 3/4 cup long grain white rice
- 1 1/2 cup fat free, reduced sodium canned chicken broth (or water)
- 1/2 cup red bell pepper, finely chopped
- 1/2 cup green bell pepper, finely chopped
- 1/2 cup yellow bell pepper, finely chopped

Preparation

1. Preheat the broth until it comes to boil. Set aside.
2. Place a small, heavy bottom pot on medium heat.
3. Add oil and heat for 30 seconds.
4. Add onion and garlic.
5. Sautee for 4-5 minutes, until onion turns clear.
6. Stir in tomato juice, curry and salt.
7. Add rice and slowly stir for about five minutes until all rice is covered with spices.
8. Add broth and cover the pot. Keep on very low heat for about 15 minutes or until all the liquid is absorbed and the rice is tender.
9. Add the peppers, remove from heat and carefully fold into the rice.

Makes 6 servings.



Nutrition Analysis

Per serving: 75 calories, 1.5 g protein, 15 g carbohydrate, 2.5 g fat, 0 mg cholesterol, 300 mg sodium



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