



International Vegetarian Union

## Vegan Indian Recipes - Bread, Rice and Sauces

Contributed by Vegetarians and Vegans from around the world

### Indian Rice

from Vegetarian Resource Center - Boston, USA

This is an easy way to make rice more exciting.

Typically, Basmati rice would be the best, the aroma is unbeatable, but use whatever white rice is available.

- 1 cup Basmati rice
- 1 medium onion, chopped
- 12oz package frozen peas
- 4 cloves
- 1 small stick cinnamon
- 1 clove garlic(minced): optional
- 2 to 3 bay leaves
- 2 tbsp oil (more if you like)

Heat oil in a deep pan and fry onions till slightly brown.

Add cloves, cinnamon, bay leaves and garlic and stir.

Add rice and stir for 2 to 3 mins.

The rice should be coated with the oil.

Add 2 cups water and allow the pot to come to a boil.

Add peas. Stir, lower heat and simmer covered until the rice is cooked.

Let it stand uncovered until extra water evaporates.