



# Curried Rice Pilaf

## Ingredients

- 1 c. diced onion or 1/4 dried onion flakes
- 1/2 tsp. salt
- 4 c. brown rice, cooked
- 3 garlic cloves, crushed
- 1 large carrot, shredded
- 1 c. frozen peas
- 1/2 tablespoon Curry Powder (see below)

## Instructions

- 1 Prepare the brown rice.
- 2 Place the diced onion and crushed garlic in a large nonstick skillet over medium-high heat. Add 1/4 c. water and salt. Simmer 5 minutes.
- 3 Add the remaining ingredients. Toss together and heat to serving temperature.

**Ready in about:** 20 minutes

**Serves:** 6-8 as a side, 4-6 as a main course

## Homemade Curry Powder

### Ingredients

- 2 Tbsp. cumin, ground
- 2 Tbsp. coriander, ground
- 2 tsp. garlic powder
- 2 tsp. turmeric, ground
- 2 tsp. fenugreek, ground
- 1 Tbsp. dried chili pepper, ground (optional)

### Instructions

Combine your ingredients, mix them well, and store in a container for future use.

Ready in about: 5 minutes

Yields: 5 ounces