

## Vegetable and Coconut Rice Upma

*Serving size: 4*

### *Ingredients:*

- 1 cup brown rice
- 1 12oz can coconut milk
- 1 cup water
- 1 small onion, finely chopped
- 2 inch piece of garlic, grated
- 2 tsp curry powder
- 1/2 tsp turmeric
- 1/2 tsp cumin
- 1/4 tsp mustard seeds
- 1/3 cup roasted cashews to garnish
- 2 cup mixed veggies, chopped (carrots, potatoes, peas, bell pepper, etc)
- 2 Tbsp green chilies (more or less depending on desired spice level)



### **Directions:**

#### *Vegetable and Coconut Rice Upma*

1. Prepare rice: Bring coconut milk and water to a boil in a small sauce pan, add rice. Once rice has returned to a boil reduce heat to a simmer for 20-25 minutes until all liquid is absorbed. (Rice can be prepared 2 days in advance and kept in a sealed container in the refrigerator.)
2. Prepare vegetables: Heat oil in a medium sauté pan, add mustard seeds. Once seeds have started to 'pop' add other spices and stir to combine. Add onion and stir occasionally until golden brown. Add other vegetables and chilies, stir occasionally until vegetables are soft.
3. Combine vegetable mixture with rice. Sprinkle with salt if desired.
4. Garnish with cashews and chopped coriander.