



## The Kitchen at Second Harvest Vegetable Biryani try at home recipe

Recipe modified from Swasthi's Recipes

flip to learn more!



### Ingredients

- 1 cup basmati rice
- 1/2 cup onion
- 1 tsp minced garlic
- 1 green chile (optional)
- 1/4 tsp ground ginger
- 2 tbsp coriander leaves (chopped)
- 1/2 tsp chili powder
- 1/4 tsp turmeric
- 1 tsp garam masala
- 1 small tomato
- 2 cups water
- 2 tbsp oil
- 3 tbsp yogurt
- 1/8 tsp salt
- 1 small potato
- 1 medium carrot
- 1/3 cup green peas
- 1 bay leaf
- 1 inch cinnamon
- 3 cloves
- 1/2 tsp cumin seeds



Yield: 2 servings

Serving Size: 1.5 cups

### Directions

1. Chop onion, tomato, potato, and carrot.
2. Add oil to a medium pot and saute onions and garlic until onions are light brown. Add bay leaf, cumin seeds, cloves, cinnamon, and ginger and saute for a minute.
3. Add potatoes, carrots, and peas and fry for about two minutes.
4. Next add tomato, salt, yogurt, coriander, chili powder, turmeric, and garam masala. Mix everything together and cook for 2 to 3 minutes.
5. Reduce heat to low and mix in basmati rice. Pour in water and mix. Bring water to a boil, then reduce heat, cover, and cook for 15 minutes. When all water is absorbed, add salt to taste.

Find more recipes, free classes,  
and ways to get involved!



[secondharvestkitchen.org](http://secondharvestkitchen.org)



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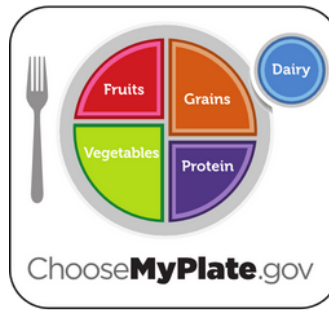


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## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



**Protein** includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.

## Cooking Tips

- Garnish with cashews and lemon juice!
- Can also be made with a pressure cooker or Instant Pot
- If rice is not cooked through, sprinkle with water, cover, and cook for another minute
- Use frozen or canned veggies!

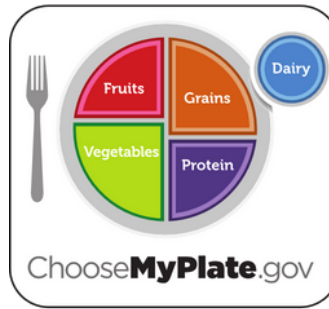
Second Harvest is an equal opportunity provider.



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## Nutrition Facts

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>1.5 Cups</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>380</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 2.4g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 56g	<b>20%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 169mg	<b>15%</b>
Iron 4.5mg	<b>25%</b>
Potassium 987mg	<b>20%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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