

Indian Rice Pilaf II

- 3 1/2 cups low sodium vegetable broth, chicken broth or water
- 1/4 cup coconut oil
- 1/2 teaspoon salt
- 1 1/2 cups of Rice Select Royal Blend rice blend (white, brown, wild and red -- I add some black rice to this blend as well) or brown basmati rice or white if you must)
- 1 tablespoon onion flakes
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground turmeric
- 1 tablespoon curry powder
- 1/8 teaspoon ground peppercorns (or ground pepper)
- 1/2 cup chopped almonds
- 1 package of steamed green peas (optional)

Directions:

In a saucepan, heat broth, oil and salt. Add rice, onion flakes and spices and stir. Cover and simmer for 35-40 minutes or until tender. Can also be cooked in a rice cooker. Remove from the heat; stir in almonds and peas.

Makes 8 cups. Serving size 1 cup.