



## Brown Rice Bisi Bele Bath

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 Teaspoon peppercorn black
- ☐ 0.8 cup brown rice
- ☐ 0.5 Tablespoon sesamme oil
- ☐ 1 Teaspoon canola oil
- ☐ 1 Tablespoon channa daal
- ☐ 2 as required chillies red
- ☐ 4 servings as required chillies green sliced into half (i used 1)
- ☐ 1 Inch cinnamon sticks

- ☐ 2 to 3 cloves
- ☐ 1 Tablespoon coconut or grated
- ☐ 1 Tablespoon coriander seeds (Dhaniya)
- ☐ 0.5 Teaspoon fenugreek seeds
- ☐ 0.5 to 1 tablespoon ghee (Optional)
- ☐ 1 inch p hing
- ☐ 0.5 Teaspoon mustard seeds
- ☐ 1 Teaspoon mustard seeds
- ☐ 1 onion sliced (Or Pearl Onions Preferably)
- ☐ 3 to 4 cups vegetables green (I Used Carrots, Beans, Potatoes And Peas, 1 cup Each)
- ☐ 1 Teaspoon salt
- ☐ 4 servings as required salt
- ☐ 1 Teaspoon ghee/sesame oil
- ☐ 1 Tablespoon tamarind paste
- ☐ 0.5 cup toor daal
- ☐ 0.3 Teaspoon turmeric powder
- ☐ 0.5 Tablespoon urad daal
- ☐ 1 to 2 cups yogurt

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ stove
- ☐ pressure cooker

## Directions

- ☐ Wash the brown rice and toor daal and soak it together (also add turmeric powder) in warm water for at least 30 minutes (the longer the better). Soaking the brown rice in warm water

activates more enzymes, which makes it possible to obtain a more complete amino acid profile. For 1 cup of rice and daal use 2 and 1/2 cups of water, so I used 3 and 1/4 cups of water. I did the soaking straightaway in a pressure cooker. After soaking, leave it for 5 whistles and transfer the cooker from the stove if cooking on an electric range, because the heat from the coil will continue the cooking process and you will end up scraping burnt rice from the bottom of the pressure cooker. Meanwhile prepare the masala powder, while the rice is cooking. In a small frying pan add ghee, once it heats, fry (until golden brown) one by one the ingredients mentioned in the list. Once it cools, powder it in a blender/spice grinder. In a medium size pan add the 1/2 tablespoon of oil, once it heats add the mustard seeds, curry leaves (if using) and hing. Then fry the sliced onions.

- ☐ Add a pinch of salt, so that the onion cooks faster. Then add the vegetables and required amount of salt and let it cook for 5 minutes. Once it is half cooked add the tamarind paste and 1 and 1/2 cups of water and close the pan with the lid.
- ☐ Let it cook until the raw smell of tamarind leaves. Then add the masala powder and let it simmer for another 2 minutes. Alternatively you can do the entire step in a pressure cooker easily. That's how I do it. I have a small pressure cooker. So as usual I do the tempering, fry the onions. Then I simply add the vegetables, salt, tamarind and water and close the cooker's lid and leave it for only 1 whistle. If you are using an electric range be sure to transfer the cooker from the stove after turning off the stove, because the heat from the coil continues the cooking process and you would end up having mushy vegetables. After opening the lid, add the masala powder and let it simmer for 2 minutes. Then add the cooked rice and daal mixture to the vegetables gravy and mix it well. If you like you can add the 1/2 tablespoon of ghee or sesame oil now. If the rice looks a bit watery, don't worry, it will thicken up. You can keep it on low heat for sometime and it will thicken up. On the other hand if it's very thick add some warm water to loosen it. It's very forgiving, so don't worry. Wash the zucchini and grate it with the skin and place it in a bowl.
- ☐ Add the required amount of salt. In a small frying pan heat the oil, add the mustard seeds. Once it splutters add the sliced green chillies, hing and fry it.
- ☐ Add this to the zucchini and mix it well.
- ☐ Mix the yogurt to the zucchini when ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:64.19, Glycemic Load:17.69, Inflammation Score:-8, Nutrition Score:14.70347832856%

Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 361.7kcal (18.09%), Fat: 10.84g (16.68%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 58.52g (19.51%), Net Carbohydrates: 49.44g (17.98%), Sugar: 10.92g (12.13%), Cholesterol: 1.12mg (0.37%), Sodium: 942.85mg (40.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.86%), Manganese: 1.76mg (88.16%), Vitamin C: 37.31mg (45.23%), Fiber: 9.08g (36.32%), Magnesium: 81.33mg (20.33%), Vitamin B6: 0.34mg (16.9%), Iron: 2.78mg (15.45%), Phosphorus: 151.88mg (15.19%), Vitamin B1: 0.22mg (14.71%), Vitamin B3: 2.6mg (13.01%), Copper: 0.21mg (10.63%), Potassium: 299.83mg (8.57%), Zinc: 1.16mg (7.74%), Calcium: 71.66mg (7.17%), Vitamin B5: 0.7mg (7%), Vitamin K: 7.03µg (6.69%), Folate: 23.23µg (5.81%), Vitamin E: 0.77mg (5.16%), Selenium: 3.43µg (4.89%), Vitamin A: 229.24IU (4.58%), Vitamin B2: 0.07mg (4.07%)