

Chickpea Vegetable Biryani FIT

FUNCTIONAL FOODS

Serving size: 1 cup

- 1 ¾ cup Chickpeas, dry (3 15 oz cans drained and rinsed)
- 4 TBSP Canola Oil
- ¾ cup Onion, sliced
- 1 ½ cup Red Bell Pepper, thinly sliced
- 1 cup Carrot, chopped
- 3 Garlic cloves, minced (3 tsp)
- 1 TBSP Ginger, fresh, minced
- 2 tsp Cumin, ground
- 2 tsp Coriander, ground

Makes 8 servings

- 1 tsp Chili Powder
- 1 tsp Cinnamon, ground
- ½ tsp Cardamon
- ½ tsp Turmeric
- 1 tsp Salt
- 1 ½ cup Basmati Rice
- 10 cups Vegetable Broth, low sodium
- 4 TBSP Cilantro, fresh, chopped
- 4 TBSP Mint, fresh, chopped

Preparation:

1. Rinse the dry chickpeas under cold water. Skip 1-3 if using canned chickpeas.
2. Place them in a large bowl and cover with several inches of water. Let soak overnight (8–12 hours). Drain.
3. Cover chickpeas with 2" of fresh water then cook on stovetop until tender, roughly 1 hour.
4. Heat canola oil in a separate large pot or Dutch oven, then add onions, bell peppers, and carrots. Cook until tender.
5. Add garlic, ginger, cumin, coriander, chili powder, cinnamon, cardamon, turmeric, and salt. Cook for 1-2 minutes until fragrant.
6. Rinse Basmati rice in cold water until water runs clear.
7. Stir in the rice and toast, until slightly golden.
8. Add broth and cooked, drained chickpeas to rice mixture, cover pot and simmer until rice is cooked all the way through and chickpeas are fully tender.
9. Garnish with cilantro and mint.

Chefs Tip:

You can use a pre-made Garam Masala mix in place of the cumin, coriander, chili powder, cinnamon, cardamom, and turmeric. If doing so, use 2 tsp and add after rice it's toasted.



NUTRITION FACTS PER SERVING

calories	320
total fat (g)	8
saturated fat (g)	1
sodium (mg)	470
total carbohydrate (g)	53
dietary fiber (g)	6
added sugar (g)	<1
protein (g)	9



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