**Pressure Cooker Rice and Vegetables**

**Ingredients**

½ cup basmati rice

1 cup frozen peas

1 cup chopped green beans

2 cups chopped cabbage

1 cup chopped tomato

1 cup chopped cauliflower

¾ cup chopped onion

1 cup chopped potato (keep skin on for potassium/fibre)

1 cup coriander

1 chopped green chili pepper – optional

1 tbs. oil of choice

Cumin seeds

2 cups water

**Spices:**

½ tsp. salt

½ tsp. turmeric powder

1 tsp. coriander powder

½ tsp. black pepper

¼ tsp. chili pepper

**Instructions:**

1. Add oil and cumin seeds to pressure cooker. Heat and stir until cumin seeds start to brown.
2. Wash rice while cumin seeds brown.
3. Add onion and stir. Cook for 1 min.
4. Cook frozen peas in a microwave for 1 minute.
5. Add tomatoes and stir. Cook for 1 minute.
6. Add remaining vegetables, not including the peas. Stir.
7. Add the spices and mix to incorporate.
8. Add water and rice to mixture and pressure cook for 8 minutes.
9. Once pressure is released, let it sit for approximately 5 minutes.
10. Add peas and mix.
11. Serve and enjoy!

**Yields** 6 cups total

**Protein options**: tofu, yogurt, chicken

**Side options**: Salad, bowl of fruit