

Recipe from India: Tehri

Tehri

This dish from India features sautéed vegetables, onion and chili peppers served over hot rice. This meatless Lenten recipe was provided by Catholic Relief Services. To see more recipes, visit [CRS](#)

Ingredients

- 2 Tbsp oil
- 1 tsp cumin seeds
- 2 green chili peppers, diced
- 1 onion, diced
- ½ tsp turmeric
- 4 cups various vegetables of choice, chopped (peas, carrots, green beans, cauliflower, broccoli, cabbage, potatoes)
- 2 cups rice
- 4 cups water
- salt to taste

Directions

Heat oil in a pot, add cumin seeds and cook for 2 minutes. Add green chilis, onion and turmeric and sauté for 2 minutes. Add chopped vegetables and sauté until slightly fried. Add rice, salt, and water. Cook until rice and vegetables are cooked and water completely absorbed (about 20 minutes).

Makes 4-5 servings