

Masala Rice Casserole

1-2 tablespoons coconut oil
1 cup chopped onion
3 teaspoon cumin seeds
2 tablespoon grated fresh ginger
2 tablespoon grated fresh garlic
1 tsp cumin powder
2 teaspoon coriander powder
1.5 teaspoon ground cinnamon
1 teaspoon garam masala
1/2 teaspoon turmeric
1/2 teaspoon sea salt



1 1/2 cup brown basmati rice
4 cups water
1 medium sweet potato, diced (yield 1 cup)
1 medium yellow or orange bell pepper, diced (yield 1 cup)
1/3 cup raisins

- Preheat oven to 400°F.
- Heat coconut oil over medium-high heat & sauté onions & cumin seeds for 5 minutes. Add the remaining spices & cook for 3 minutes, stirring constantly.
- Add the onion mix & remaining ingredients to the casserole dish.
- Cover & place in the preheated oven for 75-80 minutes until water is absorbed & rice is tender.
- Allow to sit with the lid tight for 5-10 minutes to allow the rice to continue to soften.