

Rice Curry

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*2 tablespoons olive oil
1 medium onion, chopped
2 stalks celery, chopped
1 tablespoon curry powder
1 teaspoon fresh grated
ginger
1 cup basmati rice, washed
and drained
2 cups water
1/2 teaspoon sea salt
1/3 cup sliced toaster
almonds*

Preheat the oven to 350 degrees.

In a saucepan, saute' the onion and celery in oil over medium heat for about 3 minutes. Add curry powder and grated ginger. Saute' for 3 minutes more. Add the rice to the curry mixture. Stir for about 2 minutes more.

Add the water and salt. Stir and cover. Bring to a boil. reduce the heat and simmer, covered, over medium-low heat for 45 minutes, until all of the water is absorbed. Do not stir.

While the rice cooks, place the almonds in an ovenproof pan.

Bake until lightly toasted, about 10 minutes. A toaster oven works well.

Fluff the rice and sprinkle with the toasted almonds before serving.

Per Serving (excluding unknown items): 931 Calories; 32g Fat (30.8% calories from fat); 19g Protein; 143g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1151mg Sodium. Exchanges: 8 1/2 Grain(Starch); 2 Vegetable; 5 1/2 Fat.