

**Recipe Name:** Rice Recipe - Steamed Rice Recipe  
**Diet Type:**  
**Course:** Main Course  
**Cuisine:** Indian  
**Quantity:** 1 bowl



## Ingredients

| Ingredient            | Quantity |
|-----------------------|----------|
| • 1 cup rice          | 4        |
| • salt - as per taste |          |
| • 2 cups water        |          |

## Preparation

- Vegetable to make rice first, the method of making it in the pressure cooker, first wash the rice thoroughly with water.
- Now put 1 cup of rice and 2 cups of water in a pressure cooker.
- Turn off the cooker and let 1 city come.
- Now reduce the flame and let it cook for 3 to 5 minutes.
- Now turn off the gas and let the pressure drain automatically.
- Open the cooker after mixing the pressure, mix and serve.
- Method of preparation in a saucepan Wash rice thoroughly and soak it in water for 15 minutes.
- Now add 1 cup rice, 2 cups water and salt as per taste and mix it in a saucepan.
- Let it boil on a high flame.
- After the water boils, reduce the heat, cover the pan and let it cook for 15 minutes.
- Turn off the gas and keep it aside for 10 minutes.
- Serve rice with Rajasthani Kadhi, Sew Tomato Vegetable and Phulka for dinner.
- You can serve rice with any lentils or curry.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 205             | 4.3         | 44.5      | 0.4     | 0.6       | 0.1       |