# DietCloud – Recipe

**Recipe Name:** TOMATO RICE

**Diet Type:**

**Course:** General Course

**Cuisine:** Indian

**Quantity:**



## Description

This vibrant Tomato Rice is a comforting and flavorful one-pot meal or side dish, perfect for a quick and satisfying lunch. It features fluffy long-grain rice infused with the rich, tangy essence of sautéed tomatoes and caramelized onions, seasoned with aromatic spices. Garnished generously with fresh mint leaves, it offers a delightful balance of savory and fresh notes.
[PROS]
- Rich in lycopene from tomatoes, a powerful antioxidant.
- Provides complex carbohydrates for sustained energy.
- Can be easily adapted with whole-grain rice for increased fiber content.
- Mint adds a refreshing flavor and potential digestive benefits.
- Contains vitamins from tomatoes like Vitamin C and K.
[CONS]
- If made with white rice, it can have a higher glycemic index.
- Sodium content can vary depending on seasoning and broth used.
- Relatively low in protein; best balanced with an added protein source.
[DIETITIAN REVIEW]
Tomato Rice is a flavorful dish that incorporates nutrient-dense tomatoes and onions, offering valuable antioxidants and vitamins. While it serves as an excellent energy source due to its carbohydrate content, complementing it with a lean protein (like lentils or chicken) would make it a more nutritionally complete meal. Choosing brown rice would significantly boost its fiber profile. Score: 7.5/10

## Ingredients

| Ingredient | Quantity |
|---|---|
| • Cooked Basmati Rice | 1 cup |
| • Tomatoes | 1 medium, diced |
| • Onion | 1/4 medium, thinly sliced |
| • Garlic | 1 clove, minced |
| • Ginger | 1/2 inch piece, grated |
| • Cooking Oil (e.g. | 1 tablespoon |

• olive or avocado)

| | |
|---|---|
| • Mustard Seeds (optional) | 1/4 teaspoon |

- Cumin Seeds (optional) 1/4 teaspoon

- Turmeric Powder 1/4 teaspoon

- Red Chili Powder (or paprika for mild) 1/4 teaspoon

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| | |
|---|---|
| • Salt | to taste |

| | |
|---|---|
| • Fresh Mint Leaves | 6-8, for garnish |

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## Preparation

• 1.
• If starting with raw rice, rinse 1/2 cup Basmati rice and cook according to package directions.
• Set aside to cool slightly, allowing grains to separate.
• 2.
• Heat cooking oil in a non-stick pan or skillet over medium heat.
• If using, add mustard seeds and cumin seeds, and let them splutter for a few seconds.
• 3.
• Add the thinly sliced onion and sauté until it turns translucent and lightly golden, about 3-5 minutes.
• Stir in the minced garlic and grated ginger, cooking for another minute until fragrant.
• 4.
• Add the diced tomatoes, turmeric powder, red chili powder, and salt.
• Cook, mashing the tomatoes gently with the back of your spoon, until they break down and the mixture thickens into a flavorful masala, about 5-7 minutes.
• 5.
• Add the cooked rice to the pan and gently fold it into the tomato masala until all the rice grains are evenly coated and heated through.
• 6.
• Cover the pan and let it simmer on low heat for 2-3 minutes, allowing the flavors to meld together.
• 7.
• Remove from heat.
• Garnish generously with fresh mint leaves before serving hot as a main course or a delicious side.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|---|---|---|---|---|---|
| 420 | 10 | 60 | 12 | 2 | 2 |