

# TOMATO RICE

From the Kitchen of: Thirupura, Community Member

**Preparation Time:** 10 minutes | **Cook Time:** 40 minutes | **Yield:** 4 servings

This recipe is a lightly spiced cooked rice, mixed with tomato sauce. This is Thirupura's mother's recipe from South India. This dish is from Tamil Nadu, South India. According to Thirupura, Tomato Rice is a traditional cultural dish that is a famous simple recipe made by mothers for kids' lunch and picnics in South India.

## INSTRUCTIONS:

- Cook 2 cups of your favorite rice using a ratio of 1 cup rice to 2 cups water. It should not be mushy or soggy.
- Into a frying pan, pour 2-3 Tablespoons of cooking oil. Once it is warm, add the onion and sauté it with a pinch of salt. Add the curry leaves.
- Once the onion is lightly browned, add the tomatoes and sauté them for a few minutes, seasoning with chili powder, turmeric powder, and salt to taste.
- Sauté for some time, reducing the heat if needed to prevent the oil from smoking. Once the oil separates, turn off the heat and garnish with chopped cilantro.
- Mix the cooked rice with this tomato sauce. Now your yummy tomato rice is ready!

## INGREDIENTS:

- 1 cup dry rice of choice
- 1 onion, finely chopped
- 2-3 tomatoes, finely chopped
- 2-3 Tablespoons cooking oil
- 1 sprig of curry leaves (optional)
- 1 teaspoon red chili powder
- 1/4 teaspoon turmeric powder
- Salt, to taste
- 1 bunch cilantro, finely chopped



## USING UP COOKING LIQUIDS

"Any time you have a liquid left over from boiling or steaming vegetables or other foods, don't just throw it out!" says community member, Randy Schwartz, "Take advantage of its good flavors and healthful nutrients by eating some or all of it as part of a dish. For example, after boiling greens, carrots, or peas as a vegetable side dish, spoon some of the just-used boiling water into your bowl of vegetables and add the toppings that you normally use, such as oil, salt, pepper, or other spices."

"Using a spoon, you may well want to eat the tasty broth first, even before the veggies! This was traditionally called "sass" (sauce) by New Englanders and was highly praised. In the South, it was often called "potlikker" (pot liquor) and would be eaten in much the same way, or otherwise used for dunking pieces of corn bread or corn pones. Aside from giving your body extra nutrients, this practice is also healthful because it increases the amount of moisture that you consume, which is a routine deficiency of the modern industrial diet."