

Turmeric Coconut Rice

Per portion **Energy:** 224 kcal / 936 kJ, **Fat:** 3 g, **Protein:** 5 g, **Carbohydrate:** 45 g

Ingredients

For: 8 servings

- 2 cups **brown rice**, (Jasmine or Basmati) washed and drained
- 1 tablespoon **coconut oil**
- 1 small **onion**, finely chopped
- 2 cloves **garlic**, minced
- 1 teaspoon **ground turmeric**
- 2 **green onions**, chopped
- 2 sprigs of **thyme**
- 1 **carrot**, diced
- 1-15 oz can **coconut milk**
- 2 cups **vegetable broth**, or 1 vegetable bouillon plus 2 cups water
- 1/4 teaspoon **Cayenne pepper**, (optional)
- **sea salt**, to taste, (I used 1 1/2 teaspoons)
- 1/4 cup **chopped cilantro**, and lime juice, for garnish

Preparation:15 min, **Cooking:**50 min, **Ready in:**1 h 5 min

Instructions

1. Heat oil in a large pot on medium high, cook onion and garlic until soft about 3 minutes.
2. Stir in turmeric, green onions, thyme, carrots and cook for a minute stirring constantly.
3. Add rice and stir until rice is fully coated yellow. Add coconut milk, vegetable broth, cayenne pepper, and salt. (Make sure you add enough salt until it is flavorful).
4. Bring to boil, cover and reduce to simmer on low for 50 minutes or until rice is tender. Remove from heat and keep covered for about 10 minutes.
5. Fluff with a fork, stir in cilantro leaves and a squeeze of lime juice.

<https://healthiersteps.com/recipe/turmeric-coconut-rice/>