



Baharat Rice



- ♥ 1 cup white basmati rice
- ♥ 1-pound sustainable ground beef (ground turkey is an option)
- ♥ 1 ½ onion (cubed)
- ♥ 2-3 carrots (finely shredded)
- ♥ A handful of finely chopped Italian parsley
- ♥ ½ cup pine nuts
- ♥ 3 ½ tbsp. Baharat spice
- ♥ Salt
- ♥ Black pepper
- ♥ Coconut oil
- ♥ Olive oil

1. Warm ½ tbsp. of coconut oil in a medium-size pot. Add 1 cup of basmati rice (washed and drained). Stir well. Add 1½ cups of water to the rice. Bring to boil with a dash of salt. Lower the heat to low/mid-heat. Cover. Cook until all the water is fully absorbed.
2. Meanwhile, in a deep big skillet warm 2 tbsp. of olive oil.
3. Add the onion, cook until soft and a bit golden.
4. Add the finely chopped carrots and parsley.
5. Cook until soft (only a few minutes) on medium heat.
6. Add the ground beef, Baharat spice, salt, and pepper. Cover.
7. Check every few minutes and stir until beef is fully cooked.
8. In a separate skillet or a cast-iron pan, toast the pine nuts until golden. Watch carefully as they can burn easily. It only takes 2-3 minutes to toast them.
9. Add the cooked rice and the pine nuts to the beef skillet.
10. Mix well and serve.

- Washing the rice first will remove starch and prevent the rice from being sticky.
- Stirring the rice in oil first (before adding water) will open up the rice and add flavor and aroma.
- Great to freeze some portions for later.

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