**Tomato Rice**

Prep time: 10 min Cook time: 20 min

**Ingredients:**

* 1 cup brown rice (or hand-pounded rice)
* 2 medium tomatoes, finely chopped
* 1 small onion, finely chopped
* 2 cloves garlic, minced
* 1 small piece ginger, grated
* 1 green chili, slit (optional)
* 1/2 tsp turmeric powder
* 1 tsp red chili powder
* 1 tsp coriander powder
* 1/2 tsp garam masala
* 1/2 tsp mustard seeds
* 1/2 tsp cumin seeds
* 6-8 curry leaves
* 1 tbsp coriander leaves, chopped
* 1 tsp lemon juice
* 1/2 tbsp cold-pressed coconut oil or ghee
* Low sodium salt, to taste
* 2 cups water

**Instructions:**

**Cook the Rice**

1. Rinse the rice and cook it with 2 cups of water until soft.
2. Let it cool slightly and fluff with a fork.

**Prepare the Tomato Masala**

1. Heat oil in a pan, add mustard seeds and cumin seeds. Let them splutter.
2. Add curry leaves, garlic, and ginger. Sauté for a few seconds.
3. Add chopped onions and green chili. Sauté until onions turn golden brown.
4. Stir in chopped tomatoes, turmeric, chili powder, coriander powder, and salt.
5. Cook until tomatoes turn soft and mushy.

**Combine Rice & Masala**

1. Add the cooked rice to the tomato mixture. Mix well, ensuring the masala coats the rice evenly.
2. Sprinkle garam masala and mix gently.

**Finish & Serve**

1. Turn off the heat and add lemon juice for extra flavor.
2. Garnish with fresh coriander leaves.
3. Pair with cucumber raita or a bowl of yogurt for a cooling contrast.
4. Serve with roasted papad or a side of sautéed vegetables for a complete meal.