

# Curry Rice – Vegan – SOS

Prep Time: 10 minutes  
Cook Time: 20 minutes  
Total Time: 30 minutes

Serving Size: 6  
Calories per serving: 207  
Fat per serving: 0

## Ingredients

- 2 cups white rice
- 2 1/4 cups water, divided
- 1 tablespoon curry powder
- 1 clove garlic, minced
- 1 onion, chopped
- 2 tomatoes, chopped
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## Instructions

1. In a sauce pan place 1/4 cup water with onion and garlic, over medium high heat and cook for 3 minutes.
2. Add the remaining water, along with the curry, and rice, and bring to a boil.
3. Stir occasionally and reduce heat to low. Add tomatoes and keep mixing and cooking for 5 minutes.
4. Remove from heat and keep covered for another 10 minutes, then serve.

## Notes

Nutrition facts (per serving): Calories: 207, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 61mg, total carbohydrate: 46g, fiber: 2g, sugar: 0g, protein: 1g.