

## Turmeric Rice



Serves 6

### Ingredients:

- 2 ½ cups water
- 1 tsp vegetable bouillon
- ½ tsp ground turmeric
- ½ tsp salt (optional)
- 1 cup long-grain rice
- 2 tbsp finely chopped parsley or cilantro

**Procedure:**

- Heat the water, the vegetable bouillon, the turmeric, and salt to boiling in small saucepan; stir in rice.
- Reduce heat and simmer, covered, until rice is tender and stock absorbed, 20 to 25 minutes.
- Stir in parsley.

**Per serving:**

- Calories: 120
- Protein: 2.3 gm
- Carbohydrates: 26 gm
- Fat: 0.3 gm

Turmeric contributes color more than flavor to this rice dish.  
Use instead of plain rice whenever the yellow color is  
enhancing to a meal.