

Mango Rice / Maangai Sadam / Raw Mango Masala Rice

In India, summer has started.. When I think of summer, three things comes to my mind, they are mangoes, hot weather and vacation. Variety of mangoes started flooding the market. So I bought raw and ripened mangoes. I made this easy one pot meal (variety rice) with mango, it is very simple to make rice dish with less ingredients and it tastes more like [south Indian Lemon Rice](#) . In this mango rice recipe, the mango gives a tangy taste and it is counter balanced with aromatic masala which has red chillies, ginger, coconut and cumin in it. You can make this mango rice for ugadi festival menu, and it is perfect to pack for kids and adults lunch box.



- Preparation Time : 15 Mins

- **Cooking Time** : 10 Mins
- **Servings** : 2 People

Ingredients

To Grind

- 4 Red Chilies
- 1 Inch of Ginger
- 1 Tsp of Cumin
- 2 Tbsp of Grated Coconut
- Few Curry Leaves
- 6 Small Onions(Shallots)

To Temper

- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- 1 Tsp of Channa Dal (Bengal Gram)
- Pinch of Hing

Other Ingredients

- 2 Cups of Cooked White Rice
- 1 Cup of Grated Mango
- 2 Tbsp of Gingelly Oil
- 1/2 Tsp of Turmeric Powder
- Salt as needed

Method

- Cook the white rice in a pressure cooker for 3 whistles. Open the lid and cool down the rice.
- Wash and grate the raw mango finely.
- Grind all the ingredients listed under " To Grind " without adding water.
- Heat a pan with oil, add mustard seeds, urad dal, channa dal and hing, after it sizzles and dal changes color, in

a medium flame, add turmeric powder, fry for a min. Add grated mango, ground masala and salt fry for 5 mins until raw smell vanishes. Turn off the flame.

- Finally add white rice and little oil, gently mix well make sure not to break the rice grains. Check for salt.
- Garnish with coriander leaves and serve hot with [potato fry](#) or papad or appalam.

Tips

- Add peanuts or cashews nuts if you prefer.
- You can use basmathi rice or raw rice or left over rice.
- Cool down the freshly cooked rice before mixing it with masala.

Health Benefits of Raw Mango

- Green mangoes are silver bullet to gastro intestinal problems.
- Rich in vitamin B & C.
- Due to the presence of vitamin C, it strengthens the immune system.
- Useful in the treatment of scurvy.
- Cures blood and liver disorders.

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Mango Rice

[Kuska Biryani \(Dindugul Style\)](#) | [Plain Biryani](#)

Without Vegetables



Kuska is a kind of biryani without any vegetables and it is a popular food in southern part of Tamilnadu. This is my grand ma's recipe, whenever I go to her house in

Dindugul, she makes this kuska biryani for me. In this kuska recipe, the long grain rice is cooked in a pressure cooker along with some aromatic spices, mint leaves, onion, tomato and ginger garlic paste. The outcome of the biryani is just flavorful, spicy and yummy. You can make this easy kuska biryani, if you run out of veggies at home. Best accompaniment for this biryani are some [potato curry](#) or protein rich gravy like [soy chunks mushroom curry](#) and [raita](#).

Preparation Time : 30 mins

Cooking Time : 10 Mins

Makes : 2 Servings

Ingredients for Kuska Biryani (Dindugul Style)

- 1 Cup of Basmati Rice
- 1 Big Red Onion, Finely Chopped
- 2 Tsp of Ginger Garlic Paste
- 4 Green Chilly
- 1 Tsp of Coriander Powder
- 1 Small Tomato, Finely Chopped
- 3/4 Tbsp of Dried Mint Leaves, You can use Fresh Mint Leaves(Handful)
- 1 Tbsp of Coriander Leaves, Finely Chopped
- 1 Cup of Water
- 1/2 Cup of Milk
- Salt to Taste

To Grind

- 2 Cloves
- 1 Inch Cinnamon Stick
- 2 Green Cardamom

To Temper

- 3 Tsp of Oil
- 1 Bay Leaf
- 1 Star Anise
- Pinch of Stone Flower
- 4 Curry Leaves

Other Ingredients

- 1 Tbsp of Coriander Leaves, Chopped
- 2 Tsp of Ghee

Method for Kuska Biryani (Dindugul Style)

- Soak the rice in water for 20 mins. Drain and wash it in tap water. Keep it aside.
- Grind cloves, cinnamon and cardamom in a spice grinder or mixie to a fine powder.
- Finely chop the onion and tomato. Slit the green chillies. Keep it aside.
- Heat oil in a pressure cooker, add bay leaf, stone flower, curry leaves and star anise, fry for a min. In a medium flame, add the ground spice powder, fry it for 30 secs. Add chopped onion and green chilly, fry it for 2 mins until it changes golden brown. Add ginger garlic paste, fry it until the raw smell vanishes. Add tomato, fry it until it turns soft and mushy.
- Now add mint leaves, coriander leaves and coriander powder, fry this for a min. Add rice, fry for another min, add water, milk and salt. Cover and cook it for 2 whistles in a cooker. Turn off the flame, let the pressure releases on its own.
- Open the cooker, add chopped coriander leaves and ghee, give a gentle stir with a fork.
- Hot, yummy kuska is ready to serve with spicy [mushroom gravy](#) and [raita](#).

Tips

- If you don't have stone flower and star anise, just use bay leaf for tempering.
- If you have small onion(shallots), you can use that in place of large onion.
- Increase or decrease the number of green chilly according to your taste.
- You can also use 3 green chillies and 1/2 tsp of red chilly powder to this rice.
 - Don't add turmeric powder to kuska.
- Adding ghee after pressure cooking gives a nice taste and flavor to rice.
 - You can use jeeraga samba rice in place of basmati rice.
- For basmati rice, the water ratio is 1 : 1.5 Water. You can use coconut milk in place of water or you can use 1 cup of water and 1/2 cup of cow's milk, like I did.



Tags : [biryani](#), [kuska](#), [kuska biryani](#), [how to make kuska](#), [plain biryani](#), [biryani without vegetables and meat](#), [sunday biryani](#), [southindianlunch](#), [indianbiryani](#), [madurai kuska](#), [dindugul kuska](#), [easy biryani](#), [muslim biryani](#), [beeryani recipe](#) [variety rice without veggies](#)

Vegetarian Black Bean Chili Recipe | Easy Bean Chili Recipe



Yesterday I have posted the recipe for [cornbread](#), which is a best accompaniment for vegetarian black bean chili recipe. This is very simple and protein packed dish which can be made so quickly with canned beans. If you want to make chili recipe with dried beans, that's a long and time consuming process in stove top or if you want to make in pressure cooker then it

would be easy. But this chili version is easy, healthy and vegetarian. Here in this recipe, onion, garlic, tofu and beans are cooked with spice mix, later it was simmered for few mins to blend the flavors. Finally top it with sour cream or cheese and green onion. Serve it with hot [jalapeno cheddar corn bread](#) or tortilla chips. You can have this chili and [corn bread](#) for lunch or perfect for cold winter dinner.

Preparation Time : 10 mins

Cooking Time : 15 mins

Makes : 2 Servings

Ingredients

1 Can(15 Oz) of Black Beans

2 Tsp of Olive Oil

8 oz of Tofu, Finely Chopped

1/2 Cup of Onion, Chopped

2 Garlic Cloves

2 Tsp of Chili Seasoning Mix, I used McCormick

1 Tomato, Chopped

Black Pepper and Salt to taste

1/2 Cup of Water

To Garnish

1 Tbsp of Sharp Cheddar Cheese

1 Green Onion, Chopped



Method

- Heat oil in a pan, add chopped onion and garlic, saute this for 2 mins until it turns golden brown color.
- Add tomato, saute this until it turns soft. Add black beans, Tofu, chili powder, black pepper powder and salt, Saute this for 2 mins, add water, reduce the flame, cover and cook it for 10 -12 mins until it turns thick in consistency and stirring occasionally.
- Finally garnish it with chopped green onion and cheddar cheese.
- Enjoy hot, yummy vegetarian black bean chilli with [jalapeno cheddar corn bread](#).

Tips

- You can make this chili recipe with other beans like red beans.
- You can add corn or any veggies like squash to this dish.
- You can top it with sour cream in place of cheese.
- Serve it with corn bread or tortilla chips.

Health Benefits of Black Bean

- Black beans are an excellent source of the trace mineral, molybdenum, an integral component of the enzyme sulfite oxidase, which is responsible for detoxifying sulfites.
- Good for diabetes and rich in dietary fiber.
- Lowers cholesterol levels.
- Rich in antioxidants.



Bean Chilli

Tags : [chili recipe](#), [bean chili recipe](#), [vegetarian bean chili recipe](#), [black bean chili](#), [how to make bean chili recipe](#), [mexican chili recipe](#), [thanksgiving side dish recipe](#), [easychillirecipe](#)