



### **Trinity Rice**

**Especially helpful for someone who is sick for purifying the blood**

2 onions, chopped  
2 cloves garlic, peeled and sliced  
1 inch ginger root, peeled and grated  
1 cup basmati rice  
½ cup ghee  
1 tomato, chopped  
4 - 5 cups chopped vegetables (any kind you prefer)

Rinse rice thoroughly. Sauté spices in ghee until golden brown. Add onion, garlic and ginger (the “trinity roots”) and stir gently until onions soften. Add tomato, assorted vegetables and rice along with 4 cups of water. Cover and let simmer on low heat, checking frequently. Add more water if necessary. Cook until vegetables are soft and rice is done. Serves 4.

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