

Bombay Rice

2 tsp. vegetable oil	1 tsp. ground cumin
1 medium carrot, chopped	1 (15 ounce.) can chick peas (garbanzo beans), drained
1 medium red pepper, chopped	½ Cup Tennessee Gourmet Apricot & Spice, Sassy (your choice of flavor)
1 small onion, chopped	1 (14½ ounce) can low sodium chicken broth
1 small zucchini, chopped	1½ cups Minute White Rice, uncooked
1 Tbsp. curry powder	

Heat oil in medium nonstick saucepan on medium-high heat. Add carrots, peppers, onions, zucchini and seasonings; cook and stir until vegetables are tender.

Add chick peas, Apricot & Spice and broth, bring to boil, stirring occasionally.

Stir in rice; cover. Remove from heat. Let stand five minutes and fluff with fork.