



**Makes one 13×9-inch
casserole**
Preparation Time: 30 minutes
Cook Time: 45 minutes

INGREDIENTS:

1¼ cups unsweetened,
unflavored plant-based milk

8 to 10 strands saffron

1 large onion, cut into ½-inch
dice (2 cups)

12 cloves garlic, minced

2 tablespoons grated fresh
ginger

4 cups assorted green beans,
carrots, and bell peppers, cut
into ½-inch pieces

1 teaspoon garam masala

2 tablespoons tomato paste

1 tablespoon lemon juice

1 teaspoon sea salt

¼ teaspoon freshly ground black
pepper

2 cups assorted cauliflower,
eggplant, and zucchini, cut into
¾-inch dice

2 tablespoons finely chopped
fresh cilantro

2 tablespoons finely chopped
fresh mint

8 cups cooked brown basmati
rice

¼ cup cashews

¼ cup raisins

2 cups thinly sliced onion
(optional)

Baked Vegetable Biryani

A true Indian classic, vegetable biryani is usually made on the stove top, but this simplified version makes for a great baked dish that requires less effort. Fragrant saffron, ginger, and garam masala are infused into chewy brown rice that's layered between a medley of mixed veggies. Raisins add bursts of sweet flavor while cashews add crunch, and fresh herbs create an aromatic finish that ties everything together. Top the **casserole** with baked onion to enhance the savory flavors of this exquisite dish and get ready to dig into your new favorite recipe.

For more **vegan Indian recipes**, check out these tasty ideas:

- **Indian-Spiced Potato Salad**
- **Indian Brown Rice Pudding (Kheer)**
- **Beet Greens and Spinach Saag with Tofu**
- **Delhi Chaat**

By Darshana Thacker Wendel

- 1 In a small saucepan warm ½ cup of the milk over low. Add the saffron. Remove from heat.
- 2 In a large skillet combine diced onion, the garlic, ginger, and ¼ cup milk. Cook over medium 10 minutes or until onion is translucent, stirring occasionally. Stir in assorted green bean mixture, garam masala, and ¼ cup milk; cook 5 minutes more, stirring occasionally and adding milk as needed to prevent vegetables from sticking to pan.
- 3 Stir in tomato paste, lemon juice, salt, and black pepper. Add assorted cauliflower mixture and remaining ¼ cup milk; cook 5 minutes more, stirring occasionally. Remove from heat; stir in cilantro and mint.
- 4 Preheat oven to 350°F. Spread 4 cups of the rice on the bottom of a 13×9-inch baking dish. Spread half of the vegetable mixture over the rice. Layer 2 cups rice over the vegetables and sprinkle with half of the cashews and raisins. Top with the remaining vegetables and cover with the remaining 2 cups rice. Pour saffron milk over casserole, making sure to distribute the saffron strands evenly over the surface. Sprinkle with the remaining cashews and raisins. Cover casserole with foil or an oven-safe lid.
- 5 If using, arrange sliced onion on a baking sheet. Place the casserole on the middle rack of the oven and the baking sheet with sliced onion on the top rack. Bake 30 minutes; remove onion. Bake casserole 10 to 15 minutes more or until vegetables are tender. Let stand 10 minutes before uncovering. Top with roasted onion.