Some dishes are born out of convenience but live on because of comfort—and **Tomato Rice** is one of them. A humble combination of **rice, ripe tomatoes, and aromatic spices**, this dish transforms basic pantry staples into a deeply satisfying meal that's **zingy, earthy, and heartwarming**. It's the kind of food that tastes like home—with just the right amount of adventure.

What Is Tomato Rice Rice?

Tomato rice, is a **South Indian one-pot dish** where cooked rice is tossed in a tomato-based masala tempered with mustard seeds, curry leaves, and gentle spices. It carries a **natural tanginess**, balanced by warm notes of ginger, jeera, and subtle heat from green or red chilies. While traditionally made without onion or garlic during vrat days, it can be customized to suit your dietary choices.

How to Make Tomato Rice Rice: The Traditional Way

Ingredients:

Base Masala

- 3 medium ripe tomatoes, finely chopped or pureed
- 1 green chili or 1 dried red chili (adjust to taste)
- ½ inch piece ginger, finely chopped or grated
- ½ tsp turmeric powder
- A pinch of red chili powder (optional)
- Salt to taste

For Tempering

- 1 tbsp sesame oil or ghee
- 1 tsp mustard seeds
- 1 tsp chana dal
- 1 sprig curry leaves
- A pinch of hing
- 1 tbsp roasted peanuts or cashews (optional)

To Assemble

- 2 cups cooked and cooled short-grain rice (like sona masoori)
- A handful of chopped coriander leaves
- A squeeze of lemon (optional)

Method:

1. In a pan, **heat sesame oil or ghee** and add mustard seeds. Let them splutter.
2. Add chana dal, peanuts/cashews, curry leaves, and hing. Sauté till golden.
3. Add grated ginger and green/red chili. Fry for a few seconds.
4. Add chopped tomatoes, turmeric, and salt. Cook till the tomatoes turn mushy and oil starts to separate.
5. Optional: add a pinch of chili powder for deeper colour.
6. Add cooked rice and mix gently, ensuring the masala coats every grain.
7. Garnish with fresh coriander leaves and a squeeze of lemon if desired.

Ayurvedic Benefits

1. Tomatoes (when cooked) are **Pitta pacifying** in moderation and improve digestion.
2. Ginger and hing support **Agni (digestive fire)** and reduce bloating.
3. Sesame oil balances **Vata and Kapha**, grounding the body.
4. Curry leaves enhance **liver function and hair health**.
5. A great choice for **light meals or mild detox days** when made without onion or garlic.

Pro Tips from the Indian Kitchen

- Use **fully ripe tomatoes** for natural tang—avoid unripe ones which are astringent.
- **Cool your rice** before mixing to prevent clumps.
- For a sattvic version, **avoid onion, garlic, and excess red chili**.
- A small bit of **jaggery** can balance the acidity if tomatoes are too sharp.
- Add **a tsp of coconut or sesame powder** for an earthy flavour twist.

❤ Why We Love Tomato Rice Rice

- It’s **quick, tangy, and packed with flavour**.
- A wonderful use of **leftover rice**.

- No need for elaborate side dishes—curd or papad is enough!
- Easy to pack, serve, and satisfy.
- Adaptable: make it **mild or spicy**, sattvic or robust.

Ideal For

- **Weekday lunches** and lunchboxes
- **Light dinners** after festive indulgence
- **Pitta and Kapha balancing meals**
- Travel meals or picnic food
- When you crave comfort with a little zing

