**Ingredients**
- 3 TBSP. Vegetable Oil
- 1 TBSP. Cumin Seeds
- 2 Bay Leaves
- 2 sticks Cinnamon
- 2 Green or Brown Cardamoms
- 3 Cloves
- 2 medium Carrots
- 100 grams French Beans Cut diagonally
- 1/2 Cup Green peas frozen
- 2 Cups Brown Basmati/long grain rice washed and drained
- 2 tsp. Salt
- 1/2 tsp. Garam Masala (Optional)
- 4 Cups Water

**Directions**
2. Transfer the contents to a crockpot. Add salt and water. Stir once.
3. Close the Crockpot and cook as per the Crockpot Instruction.