

BROWN RICE STIR FRY

Have brown rice made or purchased and mostly cooled.

In a fry pan, add the onion in dry until it starts to “sweat” and start to brown. Then add a little water or veggie broth. There is no magic combination, but I try to have the basics of onion, red bell pepper and broccoli or something else green. Go heavy on the veggies; both because they are so yummy, and because they cook down a little bit, and they are great as leftovers in wraps. When it’s hot, add any of the following:

Red bell pepper

Carrots (I keep shredded carrots around at all times, or just slice thin)

Broccoli

Asparagus tips

Fresh green beans

Snow peas

Shelled edamame

Zucchini, yellow squash

Air fried or baked firm tofu

More toward the end:

Sliced mushrooms

Frozen peas

Just stir fry them until they are al dente (not soft). You can then put them over the rice, or add the rice into the pan, break it up, and turn the heat back up. When the rice and everything is getting heated through, add seasonings of your choice and some soy sauce/coconut aminos, sriracha, or other oil free condiment sauce.

Then you can also add:

- garlic powder (not garlic salt)
- a few pinches of cayenne
- tofu scramble
- toppings like green onion, sesame seeds, chopped peanuts

