

Vegetable Fried Rice



PREP TIME:
15 MINUTES

COOK TIME:
15 MINUTES

TOTAL TIME:
30 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free / Vegetarian

Yield: 8 Servings

Ingredients:

For The Rice:

- 1 Cup Organic Brown Rice
- 2 Cups Water *(or can do 1 cup water / 1 cup Vegetable Broth)*
- 1 TBSP Olive Oil
- ½ TSP Himalayan Sea Salt

For The Vegetables:

- 1 TBSP Olive Oil
- 1 Small Red Onion Chopped
- 2-3 Garlic Cloves – Minced
- ½ TSP Ginger – Minced or Zested
- 1 Cup Chopped Carrots
- 1 Cup Chopped Celery
- 3 Cups Chopped Broccoli
- 8 oz. Sliced Mushrooms
- 8 oz. Can Chopped Water Chestnuts
- 2 Organic Eggs Whisked
- 4 oz. Vegetable Broth
- ½ TSP Himalayan Sea Salt *(optional to taste)*
- 2 TBSP Organic Tamari
- 2 TBSP Coconut Aminos

Instructions:

1. Prepare Rice according to directions on package. My rice directions are to combine all ingredients and cook on medium high heat (covered with lid) for approximately 20 minutes.
2. While the rice is cooking, start sautéing the onion with olive oil in a large wok or frying pan – cooking for about 3-5 minutes until softened. Add garlic and ginger. Cook another 1-2 minutes.
3. Add carrots and celery to wok and cook approximately 8 minutes. If veggies are still too hard, add the 4 oz. of vegetable broth and cook another 3-5 minutes.
4. Next add broccoli and mushrooms and cook for about 5 minutes. Pour in 1 TBSP of Tamari and 1 TBSP Coconut Aminos and then water chestnuts.
5. Add cooked rice to wok and stir in with veggies. Add the whisked eggs and let eggs cook thoroughly through (about 2-3 minutes). Once eggs cooked through add the final 1 TBSP Tamari and 1 TBSP Coconut Aminos.

***Try and use all organic ingredients if possible.**

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