

QUICK AND EASY
Vegan recipes from the goat.

VEGETABLE FRIED RICE

INGREDIENTS

1 TBSP - vegetable oil
1 medium onion - diced
1 medium carrot - diced
1 stalk celery - diced
1/2 cup - broccoli florets
1/2 cup - diced bell pepper
1 clove garlic - minced
1/2 cup - brown rice
1/2 cup - frozen peas

soy sauce to taste

DIRECTIONS

Make up the brown rice first and set to the side.

In a wok, heat up the vegetable oil, then add the onion, carrot, celery, broccoli and bell pepper. Stir fry for 4 to 5 minutes. Then add the garlic and cook for 1 more minute.

Next, reduce heat and add the precooked rice. Mix the rice in well with the vegetables. Now add the peas and soy sauce. Cook for a couple more minutes and serve.

This recipe makes 2 to 3 servings.
Scale up or down for the quantity you need.

COMMENTS

In the mood for Asian food? Vegetable fried rice really is Quick and Easy to make. Have a favorite vegetable that is not on the ingredients list? Well just toss it in the wok and have it your way!

Enjoy!