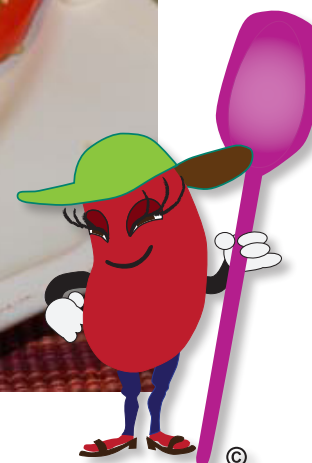


Beans, Rice And Everything Nice

Asian Unfried Rice



original recipe by beansriceeverythingnice.weebly.com



Ingredients

makes 4 servings

1 cup frozen shelled edamame
1-1/2 cups vegetable stock
2 Tablespoons gluten-free tamari
1 Tablespoon rice vinegar
1 Tablespoon brown sugar
3-4 green onions, thickly sliced
1 clove garlic, coarsely minced
1 cm ginger, coarsely minced
1 carrot, sliced into matchsticks
1 red pepper, sliced
6-8 mushrooms, sliced
2 Shanghai bok choy, washed and coarsely chopped
3 cups cooked then cooled, short grain brown rice
fresh green onion slices, mung bean sprouts, toasted sesame seeds for garnish

1. Cook the soy beans in a small pot of boiling water for 4 minutes. Drain and rinse with cold water. Set aside. Mix together the vegetable stock, tamari, rice vinegar and sugar, set aside.
2. Heat a large skillet with a lid over medium heat. Add the green onion and dry saute for a minute or two. Add the garlic and ginger and stir to combine. Add the sliced carrot, red pepper, mushrooms and the chopped stems of the bok choy. Cook for another minute or two, until the mushrooms start to sweat.
3. Add the vegetable stock mixture and the rice. Stir everything together to evenly mix. Add the edamame and the bok choy leaves. Cover with a lid, bring to a boil, reduce heat and simmer for 5 minutes. Stir occasionally to keep the rice from sticking. Add a splash of water if needed.
4. Stir once more to evenly distribute all the vegetables. Garnish with bean sprouts, sliced green onion, and toasted sesame seeds.