

Veggie Rice Medley

A festive medley of rice and veggies!

Categories

Gluten-free

Yields: 5 servings

Preparation time: 20 mins

Cooking time: 40 mins

Category: Side dishes and appetizers

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked

Ingredients

Brown rice, uncooked	1 cup
Wild rice, uncooked	1 cup
Onion, white, yellow or red, raw	1 small
Carrots, raw	1 cup
Green bell peppers, raw	1 small
Red bell peppers, raw	1 small
Corn, yellow, cooked from fresh, whole kernel	1 cup
Water chestnuts, canned	4 ounces
Turmeric, ground	1 teaspoon
Garlic, fresh	3 cloves
Salt, Himalayan (pink)	1 dash
Green peas, cooked from frozen	1 cup
Oregano, ground	1 teaspoon
Thyme, ground	1 teaspoon
Cumin, ground	1 teaspoon
Paprika	1 gram
Nutritional yeast flakes	2 grams
Parsley, fresh	3 ounces
Chives, raw	3 grams
Tamari sauce	1 teaspoon

Instructions

- 1) Cook brown and wild rice (separately). Wild rice takes longer, about 40 minutes or so.
- 3) Sauté, in water, the onions, garlic, carrot, and peppers until the onions are translucent. Add all the spices and tamari sauce. Leave the chives and parsley out.
- 4) Add the peas, corn, and water chestnuts when the veggies have been sufficiently sauteed. Simmer for a few minutes to make sure all the ingredients are hot/cooked.
- 5) Combine and mix both types of rice with the sauteed veggie mixture.

6) Add the chives and parsley. Mix.

7) Enjoy hot or cold!