

Rainbow Rice

13 ingredients · 45 minutes · 6 servings



Directions

1. Soak rice for 12-18 hrs with lemon, strain and cook according to package directions in broth or water with 1-2 Tbls of avocado or coconut oil.
2. Dice all veggies to about the same size and mince garlic and ginger.
3. Heat 2 Tbls oil in large pan and add onions. Sauté for 2 minutes until soft with a pinch of mineral salt.
4. Add veggies from hardest to softest giving each 2 or so minutes before adding the next (don't forget a small pinch of salt when you add each new ingredient). If you're adding animal protein this is the stage to add in your eggs and scramble or cooked chicken.
5. Once veggies are your preferred tenderness add in your cooked rice and sauté for a few minutes on high. Add in 1ish Tbls of coconut aminos/tamari and serve hot with fresh lime, cucumbers and hot sauce!

Notes

Tip:

I always cook a big batch of brown rice or other grain at the beginning of the week for a quick grab to add to dishes or make fried rice!

Optional add ins:

cilantro, basil, cabbage, jalapenos, Asian chili's etc.

Ingredients

- 2 cups Brown Rice (short grain)
- 1/4 cup Coconut Oil (separated; or Avocado oil)
- 1 Zucchini
- 1/2 Red Bell Pepper (or 1 large red tomato)
- 1/2 Yellow Bell Pepper (or 3/4c pineapple or yellow squash /yellow banana tomatoes)
- 1 Yellow Onion
- 1/3 cup Red Onion
- 2 Carrot (large)
- 1 tbsp Ginger (fresh, grated)
- 4 Garlic (cloves)
- 1 Lemon (or lime)
- Sea Salt (colored mineral salt to taste)
- 1 tbsp Coconut Aminos (or Tamari, more or less to taste)

Nutrition

Amount per serving

Calories	346	Cholesterol	0mg
Fat	11g	Sodium	67mg
Carbs	56g	Vitamin A	3804IU
Fiber	4g	Vitamin C	55mg
Sugar	5g	Calcium	32mg
Protein	6g	Iron	1mg