

One-Pot Spicy Vegetable Rice

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, diced
- 3 medium carrots, diced
- 4 cloves garlic, minced
- 2 large bell peppers, deseeded and cut into bite-sized chunks
- 1 cup frozen peas
- 1 cup cherry tomatoes
- 2 teaspoons ground turmeric
- $\frac{3}{4}$ teaspoon salt
- 1 teaspoon red chili pepper flakes
- 1 teaspoon smoked paprika
- 1 $\frac{1}{4}$ cup uncooked brown rice
- 2 $\frac{1}{2}$ cups water

4 SERVINGS

30 MINUTES



Adapted from:
avirtualvegan.com



PROCEDURE

1. Heat olive oil in a large pan over medium heat until hot and shimmering.
2. Add onion and sauté until translucent
3. Stir in carrots, garlic, and bell peppers; cook for a few minutes. Add rice, tomatoes, peas, spices, seasoning, and water.
4. Bring to a gentle boil, stir well, then reduce heat to low and cover. Cook until the rice is tender and the liquid is absorbed. If needed, add a small splash of extra water and continue cooking until fully softened.
5. Stir well and serve.

Breakfast Fried Rice

INGREDIENTS

- 2 tablespoons vegetable oil, divided
- 3 large eggs, lightly beaten
- 1 ounce uncooked lean ground beef
- ½ medium onion, finely diced
- 5 cups cooked brown rice, preferably cold
- 2 tablespoons low-sodium soy sauce
- ¼ teaspoon salt
- Black pepper, to taste
- ½ cup low-fat sharp cheddar cheese, shredded
- ½ cup frozen peas
- 1 tablespoon fresh parsley leaves, coarsely chopped

4 SERVINGS

30 MINUTES



Adapted from:
thekitchn.com



PROCEDURE

1. Heat 1 tablespoon oil in a large wok or nonstick skillet over medium-high heat. Add the eggs and scramble gently until just set, about 1-2 minutes. Transfer to a plate and set aside.
2. Add the remaining oil, ground beef, and onion to the pan. Cook until browned and the onion is tender, about 5 minutes. Stir in the rice and cook until heated through, about 3 minutes, breaking up any clumps.
3. Add soy sauce, salt, and pepper; cook for 1 more minute. Return the eggs to the pan along with cheese and peas, and gently fold until the cheese melts and everything is combined.
4. Taste and adjust seasoning if needed. Finish with parsley and serve.

30-Minute Creamy Chicken and Rice Soup

INGREDIENTS

- 1 medium yellow onion
- 3 medium celery stalks
- 2 medium carrots
- 2 cloves garlic
- 2 tablespoons olive oil
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 4 cups low-sodium chicken broth
- 1, 12.5 oz (about 2 cups) canned shredded chicken in water
- 2 cups cooked brown rice
- 1 cup skim milk

5 SERVINGS
25 MINUTES



Adapted from:
thekitchn.com



PROCEDURE

1. Dice the onion, celery, and carrots, and mince the garlic; combine in a bowl.
2. Heat olive oil in a large pot or Dutch oven over medium heat until shimmering. Add the vegetables, salt, and pepper, and cook until softened, about 5 minutes.
3. Pour in the chicken broth and bring to a boil, then reduce heat and simmer for 10 minutes.
4. Stir in the shredded chicken, cooked brown rice, and skim milk. Simmer for 3-4 minutes, until everything is heated through.

Better Spanish Rice

INGREDIENTS

- 1 tablespoon vegetable oil
- ½ onion, chopped
- 1 ¼ cups uncooked instant brown rice
- 1, 14.5 ounce can diced tomatoes
- ½ cup fresh cilantro, chopped
- 1 cup low-sodium chicken broth

4 SERVINGS

20 MINUTES



Adapted from:
[allrecipes.com](https://www.allrecipes.com)



PROCEDURE

1. Heat oil in a skillet over medium-high heat. Add the onion and cook, stirring occasionally, until browned, about 8 minutes.
2. Stir in the rice, tomatoes, cilantro, and chicken broth. Bring to a boil, then reduce heat to medium-low and simmer until the rice is cooked and most of the liquid is absorbed, about 10 minutes.

Cilantro Lime Brown Rice

INGREDIENTS

- ½ tablespoon olive oil
- 1 cup brown rice
- 2 cups water, low-sodium chicken broth, or low-sodium vegetable broth
- 1 lime zest and juice
- ¼ cup cilantro, chopped
- ¼ teaspoon salt, optional

4 SERVINGS

25 MINUTES



Adapted from:
bowlsofdelicious.com



PROCEDURE

1. Heat olive oil in a medium saucepan over medium heat. Add the rice and lime zest, and toast for 3–5 minutes, stirring occasionally.
2. Add water or broth and salt. Stir, bring to a boil, then cover and reduce heat to low.
3. Simmer for about 25 minutes, or until the liquid is absorbed and the rice is tender. Remove from heat and stir in lime juice and chopped cilantro.

Brown Rice With Peppers and Zucchini

INGREDIENTS

- 1 cup brown rice
- 2 ½ cups low-sodium vegetable broth
- 2 tablespoons olive oil
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 zucchini, thinly sliced
- 6 tablespoons fresh cilantro, diced
- 1 teaspoon dried basil
- ½ teaspoon salt

4 SERVINGS

1 HOUR



Adapted from:
[food.com](https://www.food.com)



PROCEDURE

1. Cook the rice according to package directions, using broth instead of water and omitting salt.
2. Heat oil in a large skillet over low heat. Add bell peppers, cilantro, basil, and salt. Increase heat to medium and cook, stirring, for 1 minute.
3. Add zucchini and cook for another 2 minutes, until vegetables are crisp-tender.
4. Serve the vegetables over the cooked rice.

Brown Rice Pudding

INGREDIENTS

- ½ cup long grain brown rice, dry
- 1 ½ cup almond milk unsweetened, or water
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg

Optional Toppings:

- 1 teaspoon cinnamon
- ½ cup berries
- ¼ cup almonds
- 1 teaspoon honey

2 SERVINGS

1 HOUR



Adapted from:
mycrazygoodlife.com



PROCEDURE

1. Combine brown rice and water in a saucepan and bring to a boil. Cover, reduce heat to low, and cook for 40-45 minutes, stirring occasionally, until the rice is tender.
2. Stir in almond milk, vanilla, cinnamon, and nutmeg. Bring back to a boil, then reduce heat and simmer uncovered for 5-10 minutes, until thick and creamy.
3. Serve warm, topped with fresh berries, cinnamon, sliced almonds, and honey, if desired