



CURRIED FRIED BROWN RICE

keeps in refrigerator 4-6 days

2 C. brown rice
2 T. butter
6-8 C. boiling water

Sauté brown rice and onion in butter until golden brown. Turn heat to low. Cover rice with splatter screen and pour boiling water into rice until covered. Cover and simmer until water has been absorbed and rice is tender, approximately 20 min.

2 Tbsp. olive oil
½ c chopped green onion
4-6 cloves garlic, chopped
½ red bell pepper, chopped
½ green pepper, chopped
4 mushrooms, chopped
1 Tbsp. curry powder
1 tsp. each cumin, coriander & turmeric
¼ tsp. crushed red peppers

In small pan, sauté onion, garlic & spices in oil until golden. Add veggies and sauté approximately 7 minutes on medium heat.
Add stir fry to cooked brown rice and mix well. Serve.
Optional:
Add 2 c. diced cooked chicken