



Sprouts and Sprouted Stir-Fry

Serves 4

Prep Time: 45 minutes

Ingredients:

Rice: 1 1/2 cup brown rice
1 garlic clove minced
3 cups water or vegetable broth (I always use broth for added flavor)

Teriyaki Sauce: 1/2 Mirin (Eden Organic brand or other brand without fructose)
1/2 gluten-free Tamari
1 garlic clove minced
1 teaspoon fresh ginger minced

Stir-Fry: 2 tablespoons coconut oil
2 garlic cloves minced
2 teaspoons ginger minced
1 white onion
1 bunch broccolini or a small head of broccoli cut into bite size pieces
1 celery stalk cut into chunks
8 brussel sprouts, halved or chopped
1/2 bunch kale chopped
1 bunch Enoki or Shitake mushrooms
1 handful mung bean sprouts (or other sprouts)

Directions:

Mix the rice, garlic and broth in a pot over high heat. When the broth comes to a boil, turn heat down to a simmer and cover. Cook until all the liquid has been soaked in the rice about 45 minutes.

In a small saucepan combine all the ingredients for the teriyaki sauce and simmer until reduced by half and thick and syrupy. Remove from heat.

In a wok or large pan with sides, heat coconut oil and add garlic, ginger and onions. Let simmer until brown. Add a little more oil if needed and toss in all of your veggies (except the sprouts). Give them a good mix and cover your pan so the veggies can steam. Steam for 5-10 minutes depending on how “al dente” you want your veggies.

Scoop a large spoonful of rice into a bowl; add a generous helping of veggies, a spoonful of teriyaki sauce and then top with sprouts.

Notes: If you're crunched for time use ready to eat brown rice, just make sure you check ingredients first for those nasty artificial flavorings and colors or added sugar. I like Seeds of Change brand but it does contain a little soy if that is something you want to stay away from. Buy organic ingredients if possible.