

Broccoli and Brown Rice Stir fry



Ingredients

- 1 bag of broccoli
- 3 cups brown Rice
- 5 garlic cloves
- 1 bunch green onions
- 1 white onion
- 1 container shitake mushrooms
- 5 tbsp miso paste
- ½ cup low sodium tamari
- Avocado oil
- 3 tbsp ginger
- 3 tbsp vegan butter (or regular)
- Salt (optional)
- Pepper

Instructions:

- ✓ Cook rice according to directions
- ✓ Place broccoli on roasting pan and spray with avocado oil
- ✓ Roast broccoli in oven at 350 until tender with a slight crunch

Mix:

- ✓ Ginger, garlic, tamari, vegan butter, and 2 tbsp of miso paste (add more for flavor) in a bowl
- ✓ Feel free to make more sauce if you want it coated more

In a sauté pan:

- ✓ Add oil, mushroom and onions and sauté until onions are translucent
- ✓ Add vegan butter, 3 tbsp of miso paste and brown rice and cook for 6 min
- ✓ Add broccoli and bowl mixture and cook until all ingredients are hot!
- ✓ Sprinkle with salt, pepper, and green onions

Bon Appetite!