

Rice with Veggies



Time: 35 minutes (prep time 10 minutes, cooking time 15 minutes, let stand 10 minutes)

Serves: 1-2

Ingredients: ½ cup basmati rice
1 cup water
2 tablespoons ghee
Veggies and spices of your choice, depending on your gut/brain nature

Directions:

1. Rinse rice in cold water
2. Boil water, add rice, bring to a boil again then reduce the heat and let simmer (covered) for 15 minutes. If you are using a rice cooker follow the instructions for the rice cooker.
3. Remove from heat and let stand (covered) for another ten minutes before fluffing with a fork.
4. Steam, roast or sauté vegetables, and add the spices to the vegetables while they are cooking.
5. Serve vegetables on top of rice.