



Chef in the Garden

Chinese Veggies and Rice

9/18/09

Serves 4, 1½ cups per serving
Recipe courtesy of Chef Kaspar Donier, Seattle, WA



Ingredients:

1 cup brown rice
2 medium carrots
2 medium celery stalks
½ pound broccoli
1 (15 ½ ounce) can chickpeas
¼ cup low-sodium soy sauce
2 Tablespoons brown sugar
1 Tablespoon cornstarch
2 Tablespoons canola oil

Optional Ingredients:

1 1-inch piece of fresh ginger
1 small jalapeño or other chile pepper

Chef's Notes

- Sauté any variety of vegetables if you like.
- Cook more rice than is needed for this recipe and plan to use it for another recipe later in the week.

Directions

1. Cook brown rice according to package directions. Set aside and keep warm in a covered container.
2. Peel, rinse and chop carrots.
3. Rinse and chop celery and broccoli
4. Drain and rinse canned chickpeas.
5. Stir together soy sauce, brown sugar and corn starch in a small bowl. If using, add 2 teaspoons of peel and minced fresh ginger and 1 teaspoon of rinsed and minced jalapeño.
6. Heat canola oil in a large sauté pan over medium-high heat.
7. Add chopped carrots and celery to sauté pan. Stir frequently and cook for 3-4 minutes.
8. Add chopped broccoli and chickpeas and cook for 2 minutes.
9. Pour soy sauce mixture into sauté pan. Bring to a boil.
10. Reduce heat and simmer about 2 minutes or just until sauce is slightly thickened.
11. Serve vegetables over brown rice.



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