

Carrot Rice – Vegan – SOS

Prep Time: 10 minutes
Cook Time: 30 minutes
Total Time: 40 minutes

Serving Size: 4
Calories per serving: 157
Fat per serving: 0

Ingredients

- 1 cup white rice
- 1 3/4 cups water
- 1 onion, sliced
- 1 cup grated carrot
- 1 teaspoon ground ginger root
- Black pepper, to taste
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Instructions

1. In a saucepan combine rice and water and boil over high heat.
2. Cover rice and stir occasionally, reduce heat to medium-low and cook for about 15-20 minutes.
3. In a nonstick skillet cook the onion for about 5-6 minutes. Then add carrots, ginger, and pepper and keep cooking for another 5 minutes.
4. Add the cooked rice to the skillet and stir all ingredients.

Notes

Nutrition facts (per serving): Calories: 157, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 13mg, total carbohydrate: 35g, fiber: 2g, sugar: 0g, protein: 1g.