

Stir Fry Rice – Vegan – SOS

Prep Time: 10 minutes
Cook Time: 15 minutes
Total Time: 25 minutes

Serving Size: 6
Calories per serving: 389
Fat per serving: 4 grams

Ingredients

- 2 cups brown rice
- 3 tablespoons water
- 2 carrots, grated
- 1 green bell pepper, diced
- 1 medium red onion, diced
- 1 cup frozen corn
- 2 cups homemade black beans (no salt), or 15-ounce can no-salt-added, drained and rinsed
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Instructions

1. Cook brown rice according to package directions.
2. While rice is cooking, place the water in a sauce pan, and add bell pepper, onions, corn, and cooked beans.
3. Cook over medium-high heat and stir occasionally, for about 8-10 minutes. Remove from heat and drain water.
4. Combine the vegetables with the cooked rice, and mix.
5. Top with salad dressing, and serve.

Notes

Nutrition facts (per serving): Calories: 389, from fat: 24, total fat: 4g, cholesterol: 0mg, sodium: 20mg, total carbohydrate: 82g, fiber: 10g, sugar: 0g, protein: 10g.