

# Stir-Fry Vegetables and Rice – Vegan – SOS

Prep Time: 10 minutes  
Cook Time: 25 minutes  
Total Time: 35 minutes

Serving Size: 6  
Calories per serving: 464  
Fat per serving: 5 grams

## Ingredients

- 1 tablespoon vegetable broth, Trader Joe's Low Sodium
- 6 mushrooms, chopped
- 3 medium carrots, grated
- 1 cup kale, chopped
- 1 cup broccoli, chopped
- 1 1/2 cups frozen roasted corn
- 3 cups brown rice
- 4 cups hot water
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## Instructions

1. Place brown rice and hot water in a pot, cook on medium-high heat for 20 minutes and stir occasionally.
2. When rice is ready remove from the stove, and set aside with a lid on.
3. In a large frying pan, put the mushrooms, carrots, kale, broccoli, and frozen corn, with vegetable broth.
4. Cook on high heat and stir until vegetables are tender.
5. Combine the vegetable with the cooked brown rice, and mix it.
6. Add salt and pepper to taste, and serve.

## Notes

Nutrition facts (per serving): Calories: 464, from fat: 45, total fat: 5g, cholesterol: 0mg, sodium: 49mg, total carbohydrate: 95g, fiber: 12g, sugar: 4g, protein: 13g.