



Asian Rice Pilaf



Ingredients:

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| 3 tablespoons butter | 2 teaspoons sugar |
| 1/2 cup sliced carrot | 2 teaspoons dried parsley flakes |
| 1/2 cup sliced celery | 2 teaspoons chicken bouillon granules |
| 1/2 cup chopped onion | 1/2 teaspoon ground ginger |
| 1 cup uncooked long grain rice | 2-1/2 cups frozen peas (about 10 ounces),
thawed |
| 2 tablespoons soy sauce | 2 cups water |

1. In a large saucepan, heat butter over medium-high heat.
2. Sauté carrot, celery and onion until tender, about 3-5 minutes on high heat.
3. Stir in rice until coated, about 3-5 minutes.
4. Stir in water, soy sauce, sugar and seasonings; bring to a boil.
5. Reduce heat; simmer, covered, until liquid is absorbed and rice is tender—about 15 minutes. (If using brown rice, timing needs to be adjusted as it will take longer for the rice to fully cook).
6. Gently stir in peas.
7. NOTE: For added protein, add baked/fried tofu or hard-boiled eggs as toppings. These can be found in the produce section of your grocery store. Crunchy nuts like roasted peanuts, sunflower seeds or pumpkin seeds could also be added.

tasteofhome.com/recipes/Asian-rice-pilaf/ (adapted)