

Vegetable Stir Fry with Basmati Rice
(serves 4)

1T olive oil
1 T chopped ginger
2 T chopped garlic
2 cups of whatever vegetables you may have left in your refrigerator
3/4 C Basmati Rice
S and P to taste
Glaze (see below)

1. Place rice and 1 1/2 C water in a sauce pot. Bring to a boil, reduce heat and simmer covered for twenty minutes or until cooked.
2. In sauté pan over medium heat, add olive oil, garlic and ginger. Cook for two minutes.
3. Add the vegetables to the pan and stir to combine. Season with salt and pepper. TASTE. Toss for two minutes to combine well.
4. Pour glaze into pan. TASTE and serve.

Glaze...

1 clove garlic chopped
1 bunch of scallion chopped
1 inch fresh ginger finely chopped
1 carrot shredded
Juice of 1/2 orange
2 T liquid aminos
1/2 cup water

Place all ingredients in blender and puree until smooth and combined.