



From the Kitchen of Susan Wagener

### **Vegetable Brown Rice with Turmeric**

Turmeric is a very healthy spice to add to food. Search for "turmeric benefits" on the web and you will see things listed like it is a potent natural anti-inflammatory that works as well as many anti-inflammatory drugs but without the side effects. This helps with arthritis. It will turn the rice a deep yellow like saffron. Keep in mind that it does stain.



I use a Zojirushi Induction Rice cooker to cook rice. You can use a rice cooker or any method you like to cook your rice with the vegetables. The instructions in this recipe are for use in a rice cooker. Click the picture of the rice cooker for information about the one I use.

You can use any vegetables you like for this recipe. The vegetables should total about 2 cups

3 Cups Brown Rice rinsed well

16 ozs of Low or No Sodium Vegetable or Chicken broth.

(You may need to adjust the amount of broth based on your rice cooker's instructions on the amount of liquid needed for 3 cups of rice.)

1 small red pepper - diced very small

1 can of no sodium added diced tomatoes without the liquid.

3/4 Cup diced fresh broccoli - diced very small

1 small onion diced very small

1/2 Cup frozen corn

1/2 Cup frozen peas

3 garlic cloves minced

1/4 tablespoon of Turmeric

2 teaspoons olive oil

Cilantro - chopped small

Put the olive oil in a small pan to sauté the onions and red pepper until the onion is translucent.

Add the garlic and stir for 30 seconds. Just enough until you smell the aroma of the garlic. You don't want to burn the garlic.

Using the rice cooker's rice measuring cup, rinse 3 cups of brown rice very well. Put rice in the rice cooker.

Pour in the broth to the line in the cooker for 3 cups of rice.

Add the broccoli, sautéed onions, peppers and garlic, tomatoes, peas, corn and Turmeric to the rice cooker.

Stir the vegetables until the Turmeric has absorbed into the liquid. Try not to disturb the rice on the bottom of the pan.

Close the lid and choose the Brown Rice setting on the rice cooker.

After the rice is done, add the cilantro and fluff the rice.

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I put this sauce on the table instead of plain soy sauce for anyone that would like to use soy sauce:

Even parts of low sodium soy sauce and brown sugar.

I usually use 1/3 cup of each. Place in large glass measuring cup. Microwave for 15 seconds at a time until well heated. If you microwave it longer, it can boil over and

make a sticky mess in the microwave. This is from experience!

You can substitute Tamari instead of Soy Sauce which is a healthier choice.