

Dinner

Vegetarian Thai Rice Bowls

15 Mins
Prep Time

15 Mins
Cook Time

6
Servings

445 Calories **26g Fat** **47g Carbs** **12.5g Protein**



Ingredients

6 Servings **30 Total Time** **Allergens: Soy, Nuts**

Bowls	
1 ½ Cups Brown Rice	¼ Cup Reduced-Sodium Soy Sauce
1 Tsp Olive Oil	¼ Cup Peanut Butter
4 Cloves Garlic, minced	4 Cups Vegetable Broth
1 Tsp Ginger, minced	1 Can (14 oz) Light Coconut Milk
1 Tbsp Red Curry Paste	1 Tsp Honey
Toppings	
1 Cup Matchstick Carrots	2 Green Onions, chopped
1 Red Pepper, thinly sliced	1 Jalapeño, thinly sliced
¼ Cup Fresh Cilantro, chopped	
Optional Choice of Protein: Cubed Tofu, Cooked Shrimp, or Cooked Chicken	
Allergen Swap	
Soy Coconut Aminos	Nuts Tahini, Sun Butter®

Nourishment Note

Brown Rice
Brown rice is a whole grain and an excellent source of B vitamins and fiber.

Ginger
Ginger has a variety of health benefits, including being a powerful anti-inflammatory as well as an antioxidant.

Peanut Butter
Peanut butter is a good source of protein and high in healthy monounsaturated fats, which provide vitamin E, an important antioxidant.

Red Pepper
Red pepper provides folic acid, a nutrient that may help to grow new and healthy cells.

Instructions

1. Cook Rice

In a sauce pan, cook the rice according to the package directions. Cover and set aside.

2. Simmer Sauce

In another sauce pan, heat the oil over medium heat. Add the garlic and ginger. Cook for 30 seconds, constantly stirring. Add the red curry paste, soy sauce, peanut butter, vegetable broth, coconut milk, and honey. Bring the mixture to a boil, then reduce the heat and let simmer for at least 10 minutes.

3. Prepare Toppings

While the sauce is heating, prepare the toppings. To serve, divide the rice into bowls, top each serving evenly with sauce, prepared vegetables, herbs, and desired protein source.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

What You'll Need

 2 Sauce Pans

 Spoon

 Measuring Cups

 Measuring Spoons

 Can Opener

 Cutting Board

 Knife

RA Cooking Tips

Brown Rice: Look for pre-cooked brown rice in the frozen section of the grocery store.

Ginger: Instead of chopping fresh ginger, try ginger powder or a refrigerated ginger paste.

Garlic: Purchase jars of minced garlic instead of chopping your own.

Julienned Carrots: Purchase matchstick carrots in the salad section of the grocery store.

Cilantro: Use an herb stripper and scissors to cut fresh herbs.