

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

<b>Soy</b> Coconut Aminos	<b>Nuts</b> Tahini, Sun Butter®
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### 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.