

Lunch | Dinner

One Pot Veggie Rice Bowl with Eggs

5 Mins
Prep Time

20 Mins
Cook Time

1
Serving

481 Calories **13g** Fat **68g** Carbs **23g** Protein



Ingredients

1 Serving **25 Mins** Total Time **Allergens:** Eggs, Sesame, Gluten, Soy

½ Cup Long Grain White Rice

1 Clove Garlic, minced

1 Cup Frozen Vegetable Medley

1 Cup Water

1 Tbsp Low-Sodium Soy Sauce

½ Tsp Sesame Oil

2 Large Eggs, **washed**

2 Green Onions, **washed** and sliced

Sriracha®, to taste

Sesame Seeds, optional

Allergen Swap

Eggs Omit eggs

Sesame Omit sesame seeds and sesame seed oil, replace sesame oil with olive oil

Gluten Omit soy sauce and replace with tamari

Soy Omit soy sauce and replace with coconut aminos

Nourishment Note



Eggs

Eggs are an excellent source of lean protein to help grow new cells. Eggs also contain lutein that may promote eye health and choline important for memory



Frozen Vegetables

Frozen vegetables are a convenient and inexpensive way to incorporate additional vegetables into the diet. Vegetables are an excellent source of fiber, vitamins and minerals.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Ingredients

To a small saucepan, add 1 cup of water and the soy sauce. Stir in the rice, garlic and frozen vegetables. Place whole eggs in the center of the pot on top of the rice mixture.

3. Cook for 15 Mins

Place the lid on the pot. Bring liquid to a boil and then reduce heat and allow to simmer for 15 minutes without removing the lid or stirring.

4. Remove Eggs

After 15 minutes, turn off the heat and quickly remove the lid to take out the hard-boiled eggs with tongs. Replace the lid and allow rice mixture to sit for an additional 5 minutes.

5. Peel and Cut Eggs

Run the eggs under cold water to stop the cooking process and peel. Cut hard-boiled eggs in half.

6. Serve and Enjoy

After allowing the rice to sit for 5 minutes, take off the lid and fluff rice mixture with a fork. Season with sesame oil. Transfer rice mixture to a bowl and top with green onions, Sriracha®, sesame seeds and eggs. Enjoy!

7. Wash Hands

Wash hands with soap and water.

What You'll Need



Saucepan with Lid



Tongs



Cutting Board



Fork



Measuring Cups



Measuring Spoons



Knife



Spoon

Breathe Better Food Tip

- Salicylates - Soy sauce can contain salicylates. Omit if bothersome.
- Garlic can be gas-producing. Omit if bothersome.

Recipe adapted from [BudgetBytes](#)