

Coconut Fried Rice

Ingredients:

- 1 c. rice
- 1 c. water
- 1 c. lite coconut milk
- 1-2 garlic cloves, minced
- ½ t. vegetarian chicken seasoning
- ¼ t. salt
- 1 Bay leaf
- ½ c. onion, chopped
- ½ c. carrots, chopped
- ½ c. frozen peas
- ½ c. water
- 1 t. vegetarian chicken seasoning
- Natural Soy Sauce, Coriander and Salt to taste

Instructions:

1. Rinse rice in fine strainer and bring to boil with water, lite coconut milk, garlic cloves, vegetarian chicken seasoning, salt and bay leaf. Reduce heat, cover and cook for 45 minutes (brown rice) until liquid is absorbed.
2. Cook onions and carrots in ½ c. water and 1 t. vegetarian chicken seasoning. Add peas when done cooking just to defrost.
3. Stir fry rice in large frying pan with a small amount of olive oil then add veggies.
4. Season with natural soy sauce, coriander, salt to taste and any of your favorite seasonings.
5. Top with gravy, (**Country Gravy**, cooking class #3), *pan-fried tofu, slivered almonds, fresh pineapple and/or fresh green onions.

*Pan-fried Tofu

To make *pan-fried tofu: cut tofu into squares. Season with salt and **Sensational Seasoning** (class #2) and fry in a small amount of olive oil until golden brown.

Natural Soy Sauce adapted from *Something Better*, A Natural Foods Cookbook

To 1 1/2 c. water add 3/4 t. salt, 1 t. molasses, 10 uncooked black beans, 1 garlic clove and any other leftover vegetables you may have like carrots, onions, broccoli, celery or spinach. Bring to a boil. Reduce heat and boil gently, uncovered, for 30 minutes. Strain out the veggies and use the broth as a natural soy sauce. Keep refrigerated. Freeze in small containers for future use. Since this isn't as salty as regular soy sauce, adjust the salt in recipe to your taste. Much healthier and a tasty alternative to soy sauce!