

Curry Vegetable Jerk Rice

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Prep Time: 15-45 min.

Cook Time: 15-20 min.

Yields: 6 servings

INGREDIENTS

2 tbsp	Olive Oil
2 tbsp	Curry Powder (add to your liking)
1 clove	Garlic, Minced
1 small	Onion, Diced
3 stalks	Scallions, Chopped
1 can (15 oz)	Chickpeas
1 cup	Broccoli Florets, Chopped
½ cup	Cabbage, Shredded (Green, Purple or Combo)
½ cup	Carrots, Shredded
2	Zucchini, Diced
4 cups	Cooked Brown Rice
1 tsp	Jerk Seasoning (add to your liking)

Chef's Corner

Prep time varies on the rice that you are using. You can also use leftover rice for this recipe. You can use any vegetables you have or that you like such as spinach, kale, various greens, cauliflowers, peppers, mushrooms, or tomatoes.



DIRECTIONS

1. Cook rice according to package instructions.
2. Set aside cooked rice.
3. Heat up stove to medium heat.
4. Add 1 Tbsp. oil to hot skillet.
5. Add the curry powder to roast for a richer flavor.
6. Add jerk seasoning, to your liking.
7. Add onions and garlic. Sauté.
8. After onions and garlic have sautéed, add scallions and zucchini. Cook for a few minutes.
9. Add all remaining vegetables to skillet. Sauté for about 5-10 minutes. Try to keep its color and some crispiness. Add
10. the 2nd Tbsp. of oil. Add rice to the curry vegetable jerk mixture.
11. Mix well and cook for another 5 minutes.
12. Serve and enjoy!

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