



Serves 4-6

Preparation Time: 15 minutes

Cook Time: 20 minutes

INGREDIENTS:

1 carrot, diced

1 medium red onion diced

2 stalks of celery diced

3-4 cups cooked [Organic Brown Rice](#)

¼ cup sprouted adzuki beans (optional)

¼ cup of spring or filtered water

1 tablespoon tamari wheat-free soy sauce

⅓ cup chopped parsley or sliced green onions

sea salt

Tom's Plant-Based "Fried" Rice

My friend Jake was unable to obtain a standard life insurance policy because he was overweight, and at a high risk for a heart attack, diabetes and other health problems. He read my book *Life in Balance Cookbook*, lost over 100 pounds, and became a competitive triathlete! One of Jake's favorite recipe is *Tom's "Fried" Rice*, created by my husband Tom. Try it out for you yourself and see why it has contributed to Jake's success.

By Meg Wolff

- 1** In a cast iron skillet over a medium to high flame, add half the water, carrot and onion.
- 2** Sprinkle with sea salt and sauté 2-3 minutes.
- 3** Add sprouted adzuki beans.
- 4** Spoon leftover cooked rice evenly over vegetable and bean mixture to cover, and sprinkle with the soy sauce and water.
- 5** Cover with a lid, turn flame to low and cook for 10 minutes.
- 6** When done, gently stir the vegetables and beans on the bottom into the rice. Top with garnished parsley or green onions.