

## **Sweet 'n Easy Brown Rice**

### **Ingredients**

- *1 medium yellow onion, diced*
- *1 medium carrot, cut into matchsticks*
- *2 teaspoons sesame oil (toasted or regular)*
- *3-4 cups cooked short-grain brown rice*
- *2 teaspoons ginger juice from freshly grated ginger*
- *1 scallion, cut into thin strips*
- *Shoyu (natural soy sauce) to taste*

### **Preparation**

1. *Heat the oil in a skillet.*
2. *.Saute onions for 2-3 minutes.*
3. *Add carrot matchsticks and saute 2-3 minutes. Reduce flame.*
4. *Place the cooked rice on top of the onions and carrots. DO NOT MIX.*
5. *Add just enough water to create steam. Cover and allow to steam for about 10 minutes on a low flame.*
6. *Mix together. Season with a little shoyu, add the ginger juice, and continue steaming for another 3-4 minutes. Remove from heat.*
7. *Serve on an attractive plate with the scallion garnish.*