SWEET PLANTAIN VEGETABLE RICE

Ingredients:

- 1 Roma tomato
- 2 Carrots (medium to large) washed and peeled
- 1 Ripe Plantain peeled
- 4 cups of Uncle Ben`s Brown Rice
- 2 cloves of garlic
- 2 green onions
- Thyme
- 1/4 Habanero finely chopped
- 1 tsp paprika
- 1 tsp turmeric
- 1 tsp curry powder
- Sea Salt
- Coconut Oil
- Water

Directions:

- Wash rice and set aside in a strainer or fine colander to drain out extra water.
- Begin by chopping your two carrots and roma tomato into small cubes.
- Remove skin from the ripe plantain. Cut the plantain in half lengthwise. Then cut each half into three long strips lengthwise. Cut each strip into small cubes.
- Finely chop garlic, green onions, and habanero pepper. Set aside.
- In a pot warm coconut oil on medium heat. Once the oil is hot, add turmeric, curry powder, and paprika. Stir and fry for a few seconds, taking care not to burn.
- Add in chopped garlic, habanero pepper, green onions, and thyme. Stir and fry for about 1-2 minutes.
- Add in chopped tomatoes and carrots. Stir and cook together for 2-3 minutes.
- Add in Add more cubed sweet plantains. Stir and cook for 1-2 minutes. Add in sea salt to taste.
- Add in rice and stir in vegetables and plantains well. Pour in water according to package instructions.
- Once the rice is halfway cooked check for salt. if needed to taste.
- Continue to cook rice according to package instructions.
- Remove from and heat and serve. ENJOY!!! 🙂

For more recipes go to www.myplantbaseplate.com