

# Brown Rice and Veggie Stir Fry

Serving Size: 1.5 Cups | Servings per Recipe: 2 | Diabetes Friendly



## INGREDIENTS

- 1 cup brown rice
- 2 cups water or vegetable broth
- 1 tbsp oil
- 1/2 cup frozen peas
- 1/2 cup carrots, sliced
- 1 small onion, diced
- 1 tbsp low-sodium soy sauce
- Salt and pepper to taste
- 1/4 tsp garlic powder (optional)

## DIRECTIONS

- Cook brown rice in water or broth according to package instructions.
- Heat olive oil in a skillet over medium heat. Add onion and cook 2–3 minutes until soft.
- Add carrots and peas, cooking 5 minutes while stirring occasionally.
- Stir in cooked rice and soy sauce. Add salt, pepper, and garlic powder if using.
- Cook 2–3 more minutes, stirring to mix flavors.
- Serve warm.

Calories per serving: 220 | 5 g total fat | 40 g total carbohydrates | 250 mg sodium | 6 g protein

Recipe adapted from SNAP-Ed, Image from Simple Vegan Blog