

Vegetable Fried Rice

Jacob · 28/09/2024

**Prep Time**

55 mins

Difficult

Medium

Servings

4

Description

This vegetable fried rice combines the nutty flavor of brown rice with the fresh taste of bell peppers baby peas and other vegetables

Ingredients

- - 3 cups water - 1 ½ cups quick-cooking brown rice - 2 tablespoons peanut oil - 1 small yellow onion
- chopped - 1 small green bell pepper
- chopped - 1 teaspoon minced garlic - ¼ teaspoon red pepper flakes - 3 green onions
- thinly sliced - 3 tablespoons soy sauce - 1 cup frozen petite peas - 2 teaspoons sesame oil - ¼ cup roasted peanuts (Optional)

Instructions

1. Bring water to a boil in a saucepan. Stir in rice. Reduce heat
2. cover
3. and simmer until liquid is absorbed
4. about 20 minutes. Set aside. Dotdash Meredith Food Studios Heat peanut oil in a large skillet or wok over medium heat. Add onions
5. bell pepper
6. garlic
7. and red pepper flakes. Cook
8. stirring occasionally
9. for 3 minutes. Dotdash Meredith Food Studios Increase heat to medium-high. Stir in cooked rice
10. green onions
11. and soy sauce; cook and stir for 1 minute. Dotdash Meredith Food Studios Add peas and cook for 1 minute more. Dotdash Meredith Food Studios Remove from heat. Stir in sesame oil and garnish with peanuts. Dotdash Meredith Food Studios