Savoury Rice with Borlotti Beans

Brown Rice
1 ¼ cups medium grain brown rice (cooks up to about 2 ½ cups)

Brown Rice
1. Prepare the rice in a rice cooker OR
2. Bring to the boil about 2 litres of water in a large saucepan
3. Add 1 tsp salt and drop the rice into the boiling water
4. Stir the rice, and allow the water to returns to the boil.
5. Stir the rice again and cook for exactly 35 minutes from the time the water returns to the boil.
6. Maintain heat at a steady boil.
7. The rice should be perfectly cooked at 35 minutes.
8. Drain well through a colander.

If you have had the heat a bit too high, the water may have boiled down by about 25 or 30 minutes into the cooking time, in which case you just need to add a couple of extra cups of boiling water.

Borlotti Beans & Vegetables
1 packet Sanitarium Not-Burgers (Optional)
1 can Borlotti beans, well drained
2 Tsp olive oil
2 large brown onions, chopped
3 cloves garlic, sliced finely
2 stalks celery, sliced finely
1 cup red capsicum, diced
1 tsp Italian herbs
2 Massel vegetarian stock cubes, beef style
1 large carrot, grated coarsely
1 cup frozen peas
2 Tsp soy sauce
1 handful of parsley, chopped finely
1 medium head of broccoli, cut into florets & cooked lightly

Borlotti Beans & Vegetables
1. Heat a teaspoon of olive oil in a pan, and gently heat the Not-Burgers, both sides, browning lightly. Set aside to cool. Dice into 1cm squares.
2. Heat remaining oil in a large pan and sauté chopped onion for about 1 or 2 minutes
3. Add garlic, celery, capsicum and Italian Herbs.
4. Crumble the stock cubes and stir through until melted and combined
5. Sauté until vegetables are barely tender (about 2 minutes)
6. Add the grated carrot and frozen peas and cook for 1 minute.
1. Cook the vegetable mix with the cooked rice and Not-Burger pieces, and the drained beans.
2. Stir in the soy sauce and chopped parsley.
3. Garnish with the broccoli and serve very hot. (Re-heat in the oven, if not serving immediately, adding the broccoli after reheating)

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