

Vegetable Rice

4 cups cooked Brown Rice

1 Bell Pepper, diced

1 large Onion, sliced

3 cloves, Garlic, minced

2 Tbs Sesame Oil

2 Tbs Bragg's Liquid Aminos

1 Tbs Chicken-Style Seasoning

1 1/2 cups Frozen Mixed Vegetables.

- Sauté onions, garlic, and peppers with sesame oil for 2 mins.
- Add frozen vegetables and stir for 1 min.
- Then add rice with rest of ingredients and stir until heated through. (about 5 mins).

Sweet & Sour "Chicken"

4 cups Soy Curls (roughly 1/2 lb)

1 can Dole Pineapples Chunks in 100% Juice

1-6 oz can Tomato Paste

2 cups Pineapple Juice

1 large Onion, diced

1 Bell Pepper (red, orange, and/or yellow)

4 cloves Garlic, minced

1 Tbs Ground Ginger

4 Tbs Agave or Honey

2 Tbs Chicken-Style Seasoning

Water (enough to cover Soy Curls)

2 Tbs Bragg's Liquid Aminos

- Hydrate Soy Curls by putting enough water in a pot with curls and chicken-style seasoning. Bring to a boil and boil for 3-5 mins, then drain and set aside.
- In a saucepan, sauté onions, garlic, and peppers for 2-3 mins. Add in drain soy curls and sauté for another 2 mins.
- Add in rest of ingredients and stir to combine. Let cook for 5-8 mins.