

Very Veggie Rice & Peas

2 cups rice, cooked

2-4 T oil of your choice (such as canola, olive, coconut, vegetable)

1 cup bell peppers, chopped

1 cup onions, chopped

1 cup frozen green peas

1 cup carrots (or mixed peas and carrots)

1 can of peas of your choice, drained (black-eyed peas, black beans, pigeon peas, field peas kidney beans or pinto beans)

1 T garlic (fresh if possible)

1 T parsley, thyme, or Italian seasonings

Salt and black pepper to taste

1-2 teaspoons cumin (optional)

2-3 T soy sauce (optional)

Red pepper flakes (optional)

1 T toasted sesame oil (optional)

Cook the rice ahead of time and keep in the refrigerator until ready to use. Add 2-4 tablespoons of oil to skillet and add in the bell peppers, onion and carrots. Add in the green peas and cook until done if frozen. Cook everything until done or to your taste. Add in the garlic. Add in the rice and stir fry and then add in the canned peas. Stir fry all until everything is heated. Season with salt, pepper and the parsley, thyme or Italian seasonings. You may add in the optional items at this point to complete the recipe. Everything in this dish is optional and you can adjust it to your liking and you can add in many other veggies as well. I tend to be heavier on the veggies and light on the rice. You may use any kind of rice you like as well. Just try not to use hot rice because it will make the dish turn out a bit gummy.

Recipe by Garden Chef Terri Carter, created for her Food History of The South presentation



ATLANTA BOTANICAL GARDEN