

# Vegetable Fried Rice

Probably one of the most popular Chinese dishes, vegetable fried rice. My version is just as tasty and is made with all Whole Foods.

Prep:  
**5 minutes**

Cook:  
**15 minutes**

Ready In:  
**20 minutes**

Servings:  
**2**



## Ingredients

- 1/2 cup vegetable broth
- 1/2 tsp turmeric
- 2 cups leftover rice
- 1 block of tofu, pressed and cut into chunks
- 1/2 cup onion, diced
- 2 medium carrots, chopped
- 1/2 cup frozen peas
- 3 cup cabbage, chopped
- 1 red bell pepper, diced
- 3 green onions, chopped
- 3 garlic cloves, minced

## Sauce Ingredients

- 3 tbsp coconut aminos or soy sauce
- 2 tbsp tahini
- 1/2 tsp garlic powder
- 1/2 tsp red chili flakes
- 1 tbsp sesame seeds
- 1/2 tsp ground ginger
- 2 tbsp water

## Instructions

- 1 In a large saucepan over medium heat add in your vegetable broth, garlic and turmeric. The turmeric is just used for color so you can leave it out. Cook for 5 minutes.
- 2 Next add in all of your vegetables and tofu, cover and cook for 10 minutes.
- 3 While the veggies are cooking add all of your sauce ingredients into a bowl and whisk together until smooth.
- 4 Add sauce into saucepan and cook another 5 minutes. Place in a bowl and add additional green onions or sesame seeds on top.