

Recipe – Vegetable Medley with Brown Rice

Ingredients:

- 1 cup brown rice
- 1½ cups water
- 1 small turnip, peeled and cubed
- 2 carrots, peeled and sliced
- 1 bunch Swiss chard, leafy greens coarsely chopped, stems diced
- 1 large sweet potato
- 1 tablespoon toasted sesame oil
- 2 teaspoons wheat free tamari

Directions:

In a 4-quart or larger pressure cooker, bring rice and water to a boil.

Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 10 minutes.

Remove from heat and allow the pressure to come down without dousing.

Add vegetables, stir until mixed.

Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 1 minute.

Remove from heat and allow pressure to come down.

Serves 6 – 8.