



Ingredients

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| 4 tsp. Canola Oil (or any high temp oil) | 2 medium Carrots (chopped) |
| 18 cloves Garlic (minced) | 1 cup Frozen Peas |
| 6 cups Cooked Rice | 4 tsp Sesame Oil |
| 2 small Onion (chopped) | 2 Tbsp Tamari (gf soy sauce) |
| 1 Red Pepper (chopped) | ½ tsp. Raw Sugar |
| 4 sticks Celery (chopped) | ½ tsp. Black Pepper |
| 1 small head Broccoli (chopped) | |

Directions

- 1 In a wok or large pan/skillet, heat 2-3 teaspoons of a high smoke point oil of choice on high heat.
- 2 Add garlic and cook until golden.
- 3 Add onions, bell peppers and mix. Cook for 2-3 minutes, stirring occasionally until brown on the edges.
- 4 Add celery and cook for another 2 minutes.
- 5 Add in the broccoli, carrots, peas, black pepper and sugar. Reduce heat to medium, cover and cook for 3-4 minutes.
- 6 Add in cooked rice, tamari/soy sauce and sesame oil.
- 7 Toss well, taste and adjust salt, spice and seasoning. Add a splash of water if needed. Add in some Sriracha or other chili sauce for the heat.
- 8 Cover and cook 2 minutes.
- 9 Serve hot.