

## **Brown Rice with Edamame and Vegetables**

2 cups brown rice  
4 cups water or vegetable broth  
1 cup fresh squeezed orange juice  
1 package frozen, shelled edamame  
1 cup shredded carrots  
1 cup sliced white mushrooms  
1/2 teaspoon cumin  
1 clove garlic minced  
1/2 cup chopped green onion

Combine orange juice and water/broth in a saucepan and bring to a boil. Add brown rice and bring back to a boil. Cover and reduce heat to low. Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside.

While rice is cooking, prepare edamame according to package directions but without salt. Drain in a sieve. Saute garlic, cumin, mushroom and carrot just until tender (do not overcook). Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion.

Servings:4-6 entree size

Serve with orange slices and celery sticks.

Source: Ed Young Ministries - [http://www.edyoung.com/fast\\_recipes.php#top](http://www.edyoung.com/fast_recipes.php#top)