**Jan’s Asian Rice**

In a medium pan, sauté for 5min with 2 Tbs water or mushroom broth:

 2-3 carrots, sliced

2-3 celery stalks, chopped

1 medium onion, chopped

1 cup of chopped broccoli

1 cup mushrooms (optional)

Water chestnuts (optional)

Add:

1/4C Braggs Amino Acid

2-3 cups brown or white cooked rice

Stir and top with optional toppings: Raw sesame seeds, raw pumpkin seeds, red pepper flakes,