

Meatball Rice Medley

A spicy medley of sticky rice, seasoned meatballs, and vegetables

Yield:

12 servings

Ingredients:

2 cups (uncooked) medium or sticky rice

Water, as called for in rice directions

1 tablespoon coconut oil or other oil

1 teaspoon salt

3 tablespoons Jamie's Spice Mix*

2 cups baby carrots or diced carrots

2 cups green peas, frozen or fresh

2 cups sweet corn, frozen or fresh off the cob

1 tablespoon sugar

Salt, to taste

32 seasoned meatballs, fully cooked and drained (fried on stove top, baked in the oven, or reheated from frozen)**

Instructions:

1. Cook rice with water, oil, salt, and spice mix, according to the package instructions (use the amount of water called for in your rice directions).

2. Cook carrots, peas, and corn a saucepan with water, until tender. Drain.

3. In a large mixing bowl, toss together the cooked rice with the (hot, cooked) meatballs. Add the drained vegetables and tablespoon of sugar. Stir together, adding salt to taste if needed. Serve hot.

