

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.

Additional Notes:

*I highly recommend mixing up a batch of this homemade spice mix called Jamie's Spice Mix. It's delicious on so many foods! However, if you just want the seasoning for this meatball rice medley, you can use these measurements:

1/2 tablespoon onion powder or granulated onion
1/2 tablespoon garlic powder or granulated garlic
1 teaspoon smoked paprika
3/4 teaspoon dried basil
3/4 teaspoon dried oregano
3/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/4 teaspoon celery seeds
1/8 teaspoon cayenne pepper

**I usually "cheat" and buy frozen Italian-style seasoned meatballs from Costco. You can use your favorite meatball recipe; anything Italian or spicy will go great with the other seasonings in this recipe.



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This recipe is from Tammy's Recipes.