

Ancient Grainbow Bowl

Ingredients:

Zucchini	Olive oil
Carrots	Black pepper
Beets	Onion powder
Green beans	Italian seasoning
Parsnips	Basil
Mushrooms	Water
Tomato sauce (tomato paste, soybean oil, sugar, salt, dehydrated onion, citric acid, spice, garlic oil)	Ancient grain and wild rice mix (Uncle Ben's)



Directions:

Cook rice in a pot on the stovetop, using one part rice to 2 parts water.

Bring to a boil and reduce heat to low until cooked.

Chop vegetables. Heat oil in large sauce pan or soup pot on medium heat.

Add vegetables to oil and saute.

Add tomato paste and water.

Simmer 10-15 minutes.

Serve on cooked grains. Enjoy!