

Cabbage Cashew Stir fry

Put on to boil, brown rice:

3 cups water
1 ½ cups brown rice

Gently simmer until water is gone, (approximately 50 minutes)

While brown rice is cooking, prepare cabbage and onions below:

3 cups finely sliced/shredded cabbage
1 ½ cups finely sliced onions
¾ cup raw unsalted cashews-set aside



Place the cabbage and onions in a pan with ½ cup water and put on stovetop to gently simmer/sauté until soft (according to your preference) along with the following seasonings:

2 tsp sea salt
1 tsp garlic powder or granules
1 tsp oregano or thyme
½ tsp ginger powder

Once cabbage and onions are cooked, the rice should be done cooking, so now add the rice to the seasoned cabbage and onions and also add the cashews. Continue to stir and cook for approximately 5 minutes longer to let the flavors mix together well with the rice and cashews.

Serve and enjoy. This is one of our all-time favorites!