

Simple and Nutritious Black Rice Bowl

Have you ever tried black rice? Black rice has a nutty and slightly chewy texture as compared to regular rice and it is packed with nutrients...



I had black rice once in a local restaurant, since the black

rice was mixed with white rice and quinoa, I could not tell the "real" texture of it. Well, I got very curious and it is when the search for the black rice started...after checking into a few stores I finally found it at Sprouts, one of my favorite places to buy organic vegetables and fruits. I was so happy to find organic black rice selling by the bulk and yes, it is a bit more expensive than your regular white rice, but so worth the extra cost.

Nothing especial needed to cook the black rice, the ratio that I used was 1:2, 2 cups of water or any liquid for 1 cup of rice. I used the rice steamer and it was super easy.

It was weird...first because the rice is really black, second, when rinsing it, the water came out pretty dark and slowly changed to somewhat purplish. Once cooked, the rice has a mix of black and dark purple color, super interesting. Now the texture it was what got me hooked to it...mild nutty and slightly chewy...a great combination of texture...not to mention that black rice because of the color is rich in antioxidant anthocyanin, the same antioxidant found in berries such as blueberries, raspberries and cranberries.

For this recipe you will just need a few ingredients...I went with Kielbasa sausage just because I was in a hurry and it was just there... please feel free to use whatever vegetable you have in your refrigerator such as broccoli, Brussels sprouts, cabbage, etc...



Ingredients:

- 2 Kielbasa sausages, sliced
- 1 red onion
- 1 head cauliflower, cut into small pieces of approximately 1 $\frac{1}{2}$ in
- Salt and pepper to taste



Method:

In a wok or frying pan under medium heat place and sausage and stir fry until both sides of the sausage as lightly browned. Set aside.

In the same pan stir fry the onion until soft, do not overcook, set aside together with the sausage.

Add vegetable oil to the pan and the cauliflower, stir until desire consistency. Once cooked, return the sausage and onion

to the pan. Mix well and serve over rice.





I hope you enjoy this simple and yet so tasty rice bowl using black rice.



Did you know that black rice is also known as forbidden rice or purple rice? The dark purple color is due to the high content of anthocyanins. Black rice contains more protein when compared to other rice varieties and is a good source of iron.

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