

## BRYANNA'S PERUVIAN-STYLE CORIANDER RICE WITH PEAS

Serves 6 (Can be GF and/or soy-free; can be fat-free) *From my book "20 Minutes to Dinner".*

*NOTE: My loosely-adapted version of "Arroz con Pato" virtually omits the handfuls of fresh cilantro, which are common in this dish, for the simple reason that my husband hates cilantro. Add it, by all means, if you like it.*

*NOTE 2 : If you are not on a low fat regimen, you can sauté the 1st four ingredients in a mixture of olive oil and dark sesame oil, if you like. Otherwise, proceed as per instructions.*

1 large onion, minced

1 red bell pepper, seeded and diced

2 T. minced fresh, pickled or canned hot peppers (such as [ají amarillo](#), Peruvian yellow hot peppers)

6 large cloves garlic, minced

1 to 2 T. olive oil

2 T. minced fresh cilantro, or more if you really love the stuff!(I use Italian parsley instead because DH doesn't like cilantro)

1 T. ground coriander

1 tsp. ground cumin

2 cups white basmati, or converted rice

2 c. dark beer, ale, or stout (can be dealcoholized) (See [vegan beer, stout, ale directory here](#).)

1 cups boiling water with enough [chicken-style vegan bouillon](#) cubes, powder or paste for 3 cups broth

1 cup frozen peas, thawed and drained

freshly-ground black pepper to taste

### **PROTEIN (Choose one):**

2 cans [Chinese vegetarian "roast duck" \(mun chai'ya\)](#), rinsed, drained and cut into smaller chunks

2 cups reconstituted [Soy Curls](#) or commercial vegan "chicken" strips browned in a [non-stick pan](#)

(NOTE: [read more about ButlerFoods Soy Curls™ here](#).)

2 cups seitan, or commercial savory baked tofu or tempeh, or other poultry substitute, cut into cubes and browned in a [non-stick pan](#)

1 can (or 1 1/2 cups cooked) chickpeas, rinsed and drained

### **OPTIONAL ADDITIONS (Choose one):**

1 lb. small whole small cremini (brown) mushrooms, browned

1 can (or 1 1/2 cups cooked) corn, drained

In a large [heavy skillet or saute pan with a tight lid](#) (can be [non-stick](#)), sprayed with oil from a [pump sprayer](#), saute the onion, bell peppers, hot peppers, and garlic until the onion begins to brown a bit. Add water a squirt at a time to keep them from sticking, as needed. Add the cilantro, coriander, and cumin, and stir-fry for a minute. Add the raw rice and stir-fry briefly. Pour in the beer and the hot water with the bouillon, and the peas, with pepper to taste, plus your Protein choice and any Optional addition you might be using. Bring to a boil, cover and cook for 15-20 minutes, or until the rice is done. Toss ingredients and taste for salt and pepper.