

ZEN BUDDHA BOWL

Power Food: Oregano

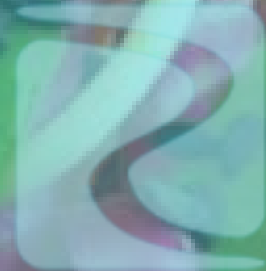
Prep. Time: 5 min. | Cook Time: 4 min. | Total Time: 9 min. | Servings: 4 | Serving Size: 2 cups

Free From: Gluten, Dairy, Soy

Ingredients

- ½ cup vegetable stock (low sodium , gluten free)
- 2 cups brown rice, cooked
- 1 cup carrots, shredded
- 1 cup white beans, cooked
- ½ cup parsley, freshly chopped
- ¼ cup Kalamata olives
- ¼ cup of artichokes
- 1 lemon, juice of
- 1 tsp. each: oregano & basil
- Sea salt & pepper to taste
- 1 cup cherry tomatoes, halved to garnish
- 4 lemon slices, to garnish

revivelifelife™



Directions

1. Add vegetable stock, brown rice, spinach, beans, parsley, Kalamata olives and artichokes to a large stockpot or wok on medium heat. Stir then add lemon juice, oregano, basil, salt and pepper for 3-4 minutes until warmed.
2. Serve in bowls, garnish with tomatoes and lemon slices. Enjoy!