

Vegetable Congee (Rice Porridge)



Ingredients:

1 cup raw long-grain white or Jasmine rice, rinsed

7 cups water

1/2 teaspoon salt

3 stalks celery, diced

2 cups broccoli florets

1/2 cup diced carrots

Step 1

In large pot add water, rice, and salt. Bring the mixture to a boil, then reduce the heat to a low simmer. Stir occasionally so that the rice doesn't clump or stick at the bottom.

Step 2

While the congee is simmering prep the celery, broccoli and carrots: peeling, cutting, and dicing, as needed.

Step 3

Simmer the congee for about 30 minutes then add the celery, broccoli and carrots.

Step 4

Continue to simmer until the congee is thickened and creamy and the vegetables are tender and soft. Add salt to taste and serve hot.