Rainbow Rice

1.5 cups millet

2 TBSP coconut oil

3 cups water

1 shallot (or small onion)

2 tsp fresh ginger (or ginger paste)

2 cloves garlic

1 cup mixed frozen vegetables (corn/carrot/pea variety)

Shoyu/tamari/soy sauce to taste

Melt 1 TBSP coconut oil in a heavy bottomed pan over medium heat and lightly toast dried millet until fragrant -- no more than a minute or two.  Add three cups of water (at home I use bone broth) and bring to a boil. Reduce heat to low, cover and simmer until liquid is absorbed, approximately 20-30 minutes.  In a separate pan, saute shallot, ginger and garlic in remaining coconut oil to infuse. Add the ‘rainbow’ vegetables and saute for two minutes. You can add shoyu/tamari/soy sauce now, or at the very end.  Finally, add cooked millet and fluff!