

Mighty Mongolian Fried Rice + Cumin Frizzled Onions + Warm Mongolian Cinnamon Milk Tea



mighty mongolian fried rice

measure + boil + cover + simmer

Measure 2 C water and **1 C rinsed and drained long-grain dried rice** and add to a sauce pot. Add **1/2 tsp salt** and stir. Bring to a boil, then reduce heat to simmer and cover. Rice takes about 15 mins to cook and is finished when all water has evaporated and soaked into the rice. Turn off heat and let sit covered for 10 minutes.

measure + mix + blend

While rice cooks, dice **2 C of mixed vegetables**. Measure and add together **1/2 tsp cumin powder**, **1/2 tsp turmeric**, **1/2 tsp paprika**, **1/2 tsp dried coriander**, **1/2 tsp garlic/onion powder**, and **1/2 tsp dried ginger**. Add a **big pinch of salt**, a **big pinch of sugar**, and a few shakes of **black pepper** to a small bowl. Mix to blend together spices.

sauté + add

To a large sauté pan, add **2 T butter or olive oil**. Add the diced veggies and sauté for a few minutes until crisp-tender. Sprinkle spices over the veggies and stir. Then add cooked rice to the sauté pan and stir until rice and veggies are combined. Top with **Cumin Frizzled Onions** (recipe below) and enjoy!

Family Fun Recipes

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cumin frizzled onions

snip + heat + sauté

Wash and snip **4 green onions** into thin slices using a clean set of scissors. Heat **1 T butter or olive oil** in a small skillet. Add green onions, **1/2 tsp dried cumin**, and pinches of **salt and sugar** and sauté over medium heat until onions are slightly crispy and frizzled! Top *Mighty Mongolian Fried Rice* with *Frizzled Onions* and eat!

warm mongolian cinnamon milk tea

measure + add + boil

Measure and add **2 C water**, **2 C whole milk**, **1/4 C sugar/honey**, and **pinches of salt** and **ground cinnamon** to a sauce pot and bring to a boil.

simmer + steep + pour

Reduce heat to a simmer, then add **2 DECAF tea bags** to the pot. Let steep for 10 minutes as tea cools to warm. Pour into mugs and enjoy!

::continued::



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shopping list!

Mighty Mongolian Fried Rice

- | | |
|--|---|
| <input type="checkbox"/> 1 C dried long-grain rice | <input type="checkbox"/> 1/2 tsp salt |
| <input type="checkbox"/> 2 C mixed raw vegetables
(try broccoli, bell pepper,
carrots, green beans,
cauliflower, zucchini,
mushrooms, or snap
peas! | <input type="checkbox"/> Pinch sugar |
| | <input type="checkbox"/> 2 T butter or olive oil |
| | <input type="checkbox"/> 1/2 tsp each of ground cumin,
coriander, paprika, turmeric, garlic/
onion powder, and ginger |
| | <input type="checkbox"/> Black pepper |

Cumin Frizzled Onions

- | | |
|--|--|
| <input type="checkbox"/> 4 green onions | <input type="checkbox"/> 1/4 tsp dried cumin |
| <input type="checkbox"/> 1 T butter or olive oil | <input type="checkbox"/> Pinches of salt and sugar |

Warm Mongolian Cinnamon Milk Tea

- 2 C whole milk
- 2 C water
- 1/4 C sugar/honey
- Pinches cinnamon and salt
- 2 DECAF tea bags (any flavor)

::continued::



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Let's Learn about Spices!

A spice is a seed, fruit, root, bark, or other part of a plant mainly used to flavor, color or preserve a food.

Spices are different from herbs: herbs are the leaves, flowers, or stems of a plant. Herbs are mainly used to flavor or garnish a dish.

Not only do spices help food TASTE amazing, they also have amazing health benefits.

Cinnamon lowers blood sugar.

Turmeric helps the heart stay healthy and protects our brain from losing memory.

Black pepper helps with digestion so that our body can eat all the vitamins it needs from the food we eat.

Ginger helps calm upset stomachs.

Cumin is earthy, nutty, spicy, and warm. Cumin can help with digestion and calm upset stomachs. Cumin is good for the heart, too!

The Spice Trade happened between ancient civilizations of Asia, Northeast Africa, and Europe. During the ancient Roman Empire, trading largely came from Arabia. Traders supplied cassia, cinnamon, and other spices and purposely kept the source of their spices a secret.

Let's Learn about Mongolia!

Genghis Khan is considered the founder of Mongolia, and someone who unified forces and tribes throughout the Mongol Empire; he used great force and violence to do so. He rose to power when he united nomadic tribes of northeast Asia, establishing the largest empire in the world and exceeded only by the British Empire in the 19th century. Within 25 years, Genghis Khan's horsemen conquered an area larger and greater in population than the Romans did in four hundred years.

The Gobi desert is the world's coldest desert, and covers most of Southern Mongolia. The first dinosaur egg ever found was in the Gobi Desert!

Many Mongolians today live in yurts, or gers, which are tent-like, dome-shaped dwellings that are light enough to be disassembled, carried across the vast grasslands of Mongolia, and assembled again.

Time for a laugh!

When do you put paprika in fried rice? **On Fry-Days!**

What do teapots wear to a tea party? **T-shirts!**

Why do baby seals swim in salt water? **Cause pepper water makes them sneeze!**

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