

## **Caribbean Luau Rice with Meatballs**

- 2 C Water
- 1 (14oz) Can Lite Coconut Milk
- 1 Tbsp Flax Oil (for added fiber...optional)
- 2 C Brown Jasmine Rice
- 1/2 C Organic Brown Sugar
- 1 (20oz) Can Pineapple Tidbits or Chunks, drained and liquid reserved
- 1/3 C Vinegar
- 1 Tbsp Tamari, Shoyu or Braggs Liquid Aminos
- 1 tsp Dry Mustard
- 1 1/2 Tbsp non-GMO Corn Starch
- 2 Tbsp Coconut Oil (or other high heat oil)
- 1 1/4 C Bell Peppers, assortment of colors (organic!) and diced
- 1 Tbsp Red Pepper Flakes (more or less to taste)
- 1 Package or recipe of your favorite vegan meatballs, cooked (optional. This dish is also good alone without the meatballs)

Bring water, coconut milk and flax oil to boil. Add rice and return to boil. Reduce heat, cover and simmer for 45 minutes (or as rice package dictates). While rice is cooking, mix brown sugar, pineapple juice, vinegar, tamari, mustard and corn starch in bowl. Set aside. Heat oil in skillet to medium heat and add pineapple chunks or tidbits and peppers. Cook for about 5 minutes and add the mixed liquid. Whisk until combined and sauce begins to thicken. Reduce heat, add red pepper flakes and simmer for about 5-8 minutes. If using meatballs, you can add them now also to simmer. Serve sauce (with meatballs) on top of rice.