

## Oriental Vegetable Rice Soup

2/3 cups rice instant	4 cups chicken stock
1 tble oil	1 can 28 oz 798 ml tomatoes
2 carrots sliced diagonally	1/4 cup soya sauce
1 cup snow peas halved	1 tble sesema seeds toasted
2 cloves garlic mined	
1 tsp; ginger	
1/4 tsp hot pepper flakes	

In large saucepan, heat oil and cook carrots, snow peas & garlic stirring 5 mins until softened. Stir in ginger & pepper flakes, cook 1 min. Stir in stock, tomatoes soya s. bring to boil. Stir in rice. Remove from heat let stand covered for 5 mins. until rice is tender. Serve garnished with sesame seeds. 6 servings.