

# The Camping Detective Outdoor Camping Recipes.

## Recipe #7: Outdoor Edamame with Rice and Mushroom Recipe

### Ingredients:

2 cups – pre cooked rice (Nishiki Japanese Rice)  
2 cups – edamame (green soybeans)  
1 cup – chopped asparagus  
½ cup – sliced mushrooms (either shitake or baby bella)  
2 cloves – finely chopped garlic  
1 tbsp – chopped parsley  
2 tbsp – chopped onion  
1 tbsp – olive oil

### Spices used:

Sea salt & Low sodium soy sauce

### Preparation: (Overall cooking time – about 20 minutes)

- 1 – Bring water in a pot to a boil.
- 2 – Add the edamame and the chopped asparagus and steam for 10 minutes.  
(Note: If the asparagus is thin and finely chopped it can be sauted' with the mushrooms instead.)
- 3 – Pour a little olive oil into the pan.
- 4 – Sauté the mushrooms, garlic, parsley and onion until tender and glossy with medium heat.
- 5 – Reduce heat to low. Pour a little soy sauce into the pan and stir the contents at the last moment.
- 6 - Add the pre-cooked rice and the green soybeans/asparagus to the mixture in the pan.
- 7 - Cover the pan with a lid and heat contents for 10 minutes.
- 8 – Stir occasionally with a spatula to mix the contents.
- 9 – Serve when hot.

### In my home kitchen

Note: If I were in my kitchen at home I would be preparing the rice at the same time. I would instead leave the rice out of the mixture. When everything is cooked, spoon the hot cooked rice onto a plate and the serve the contents of the pan over the rice.

Yum! Enjoy!

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