

How to Make a Vegetarian Loco Moco

With Cynthia from Down to Earth

[Music Playing]

Hey everyone!

I'm Cynthia...

Today we're going to share one of our local favorites here in Hawaii.

The Loco Moco...

Usually a loco moco has rice...

A hamburger patty...

And gravy drizzled all over it.

But today we're going to share a delicious vegetarian version with you.

First, we're going to make a very simple fried rice...

That's going to form the base of our loco moco...

I have some Olive oil heating up...

You can use any kind of vegetables you like...

But today we're going to use some shredded carrots...

We also have some shredded red onions...

Red bell pepper...

Some shredded cabbage...

And a little bit of peas...

And you're going to let these sauté for just a few minutes...

Until they are nice and soft...

Ok... our vegetables look like they're ready to go...

Now we're going to add our rice...

When you make fried rice, it's best to use leftover rice...

We're going to use some of our leftover brown rice...

You can use any kind of rice you like...

But it's good if its leftovers...

Because it's cold from being in the refrigerator.

And it's nice and dry...

And that way, you're fried rice will be crispy...

And brown...

Ok... we just incorporate that in there...

And we're also going to add maybe one to two tablespoons...

Of soy sauce...

Add that right in...

And just keep sautéing it for a few more minutes.

Or until the rice is heated through...

Next we're going to cook our veggie patties...

You can use a home-made patty...

Or you can buy one from our stores.

We have a ton of different varieties here in our store.

And you can get them for ten percent off...

Every Monday for "Meatless Mondays..."

Cook your patties according to package directions...

Until they're nice and brown...

Now we're going to make our sesame peanut sauce...

Ok... we have a quarter cup of peanut butter...

That we got from our bulk department.

Scoop that in there...

We have a quarter cup of apple-cider vinegar...

A quarter cup of really yummy toasted sesame oil...

We have two tablespoons of Soy sauce...

We have some fresh chopped garlic...

And some fresh chopped ginger as well...

And we're going to give that a stir...

We're actually going to whisk them all together...

So that it really melds well.

And if you need to...

If it looks like it's a little thick...

You can add just a little bit of water.

And whisk it until it's very smooth and creamy.

Now we're finally ready to build our loco moco...

So first, we're going to scoop some of our yummy fried rice...

Into a small bowl...

Really pack it in there...

And we're going to flip it right in the middle of our plate.

Take it off very slowly...

It makes a nice little dome like that...

Take your cooked veggie patty...

Place it right on the top...

And then...

You can add just as much, or just as little...

Of our sesame peanut sauce as you like.

It's so good... you might want to lather it all on.

Just drizzle it right on there...

And you... are ready to enjoy... our loco moco!

Thanks for checking out our video today...

To find more great recipes like our Loco Moco...

And more videos...

Check out our website at DowntoEarth.org .

And don't forget to like us on Facebook.

Bye everyone!

Check out the recipe on the Down to Earth website:

<https://www.downtoearth.org/recipes/main-courses/vegetarian-loco-moco> .