



Brown Rice Pilaf

Prep Time: 5 minutes

Cooking Time: 50 minutes

Serves 4-6

- 1 T. olive oil
- 1 small yellow onion, chopped
- 3 garlic cloves, minced
- 1 cup brown rice
- 2 cups vegetable broth or water
- Herb and black pepper to taste
- 2 cups chopped nuts or seeds

In a small skillet, heat oil over medium-high heat. Add onion and garlic; cook, stirring until onion is golden, about 5 minutes.

Add rice and saute for one minute. Add broth or water, and bring to a boil. Cover and reduce heat to low.

Simmer until rice is tender and most of the liquid is absorbed, about 45 to 50 minutes. Check rice occasionally and add water if necessary. Always use a wooden spoon to stir rice to avoid breaking the grains.

Uncover and stir in herbs, black pepper, and chopped nuts or seeds. Let rice stand for 5 minutes before serving.



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