



Brown Rice Pilaf

You can use any type of broth, beef, chicken or vegetable, in this dish, All are delicious!

Active Time: 15 minutes

Total Time: 1 hour

Serves: 4 -6

Ingredients:

$\frac{3}{4}$ cup brown basmati rice

1 Tablespoon olive oil

$\frac{1}{2}$ cup (about $\frac{1}{2}$ onion) chopped yellow onion

1 clove garlic, minced

1 – 14.5 ounce can reduced sodium broth

$\frac{3}{4}$ teaspoon *HH Orange & Marigold Salt*

1. Rinse rice well and drain.
2. Heat olive oil in medium saucepan.
3. Add onion, cook, stirring, until it becomes tender. Stir in garlic, cook until fragrant, about 30 seconds.
4. Add rice, stirring until rice is coated with oil and lightly browned..
5. Pour in broth and salt. Bring to boil, cover and reduce heat to simmer. Cook, covered, for 40 minutes or until liquid is absorbed. Stir, remove from heat, cover and let sit 5 minutes, or until ready to serve.