

NW Brown Rice Pilaf

Print Recipe

Ingredients

2 cups brown rice
3 tsp chicken broth bouillon
4 TBSP parsley flakes
1/4 cup dehydrated onions
* will add 2 TBSP coconut oil

Directions

Melt oil in saucepan over medium heat. Stir in rice mix and cook until fragrant and brown but not burned. Add 5 cups of water and bring to a boil. Cover and simmer on very low heat until water is absorbed and rice is tender, about 45 minutes. Let stand 5-10 minutes, fluff with fork, and serve.

Serving Size: 1 generous cup

Nutrition Info

Calories: 91.5

Fat: 4.0g

Carbohydrates: 12.8g

Protein: 1.5g