

RICE PILAF

Makes 1 cup | 2 servings | \$1.60 per serving

Ingredients

½ cup chopped onion
1 Tablespoon canola oil
½ cup uncooked brown rice
1¼ cups low-sodium broth or water
¼ teaspoon black pepper
¼ teaspoon garlic powder

Instructions

1. In a saucepan, cook onions in oil until soft but not brown.
2. Add rice, broth or water, pepper, and garlic. Heat to boiling. Stir once.
3. Reduce heat, cover, and simmer 45 minutes until rice is tender and liquid is absorbed.
4. Mix lightly and serve.

Note

For a family meal that serves 4, double the recipe. For a family meal that serves 6, triple the recipe.