

Toasted Brown Rice with Mushrooms and Thyme

Ingredients:

1 1/2 teaspoon olive oil, divided
1/2 yellow onion, chopped
2 garlic cloves, minced
1 cup brown rice
1 cup vegetable broth
1 cup water
8 ounces cremini mushrooms, sliced
1 tablespoon thyme, minced
3 tablespoons fresh parsley
Pinch of salt and pepper

Directions:

1. Heat 1/2 teaspoon olive oil in medium saucepan over medium heat. Add the onions and cook until soft, about 4 to 5 minutes. Add the garlic and cook for 30 seconds.
2. Add the rice and cook, stirring constantly for 1 minute.
3. Stir in the vegetable broth and water. Bring to a boil, cover saucepan and reduce heat to low.
4. Cook until all of the liquid is absorbed, about 50 minutes.
5. Heat 1 teaspoon olive oil in a large nonstick skillet set over medium-high heat.
6. Add the mushrooms and cook until starting to brown, about 4 minutes. Stir in the thyme and cook for 30 seconds.
7. Add the mushrooms, parsley, salt and pepper to the rice. Stir to combine. Serve.

Nutrition Facts	
Serving Size (142g)	
Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	
Vitamin A 4%	• Vitamin C 6%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: Cookin Canuck

