

Brown Rice Pilaf

by Bob Bridges

- 3/4 cup brown rice
- 1 can chicken broth
- 1/3 cup onion, chopped
- 1/3 cup celery, chopped
- 1/3 cup sweet peppers, chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1/2 teaspoon coriander
- 1 teaspoon dried basil
- freshly ground black pepper to taste

Sauté the onion, celery and peppers for 2-3 minutes until they are soft. Add the minced garlic and saute another minute. Stir in the rice and add the chicken broth and spices. Bring to a rolling boil. Reduce heat to low and simmer with the lid on for 45 minutes.

Quinoa

Substitute quinoa for brown rice and keep the rest of the recipe the same. Quinoa only needs to cook about 15-20 minutes.