

WILD RICE PILAF

Keep in mind 1 cup Rice yields approximately 3 cups finished product.

So—see how many you are cooking for and go from there. This recipe is for 2 cups of Wild Rice (will serve 4-5 people)

1 cup diced Yellow Onion
1 clove Garlic, minced
3-4 Tbsp. Olive oil
2 cups Wild Rice
4 cups Water
Salt & Pepper to taste
1/4 cup chopped Parsley
Fresh Herbs, optional

Sauté Onions and Garlic in Olive oil. Add a little salt and Pepper.
Add Rice and sauté 1 minute—add Water and bring to boil. Turn down and simmer until all water is absorbed.

Turn off fire and let sit for 10 minutes.

Add Parsley (and Herbs if you want)

Serve.