



Total Time
40 MIN.

Serving Size
4 OZ / 113 G

Difficulty
EASY

For a versatile menu option, this flavourful pilaf with sautéed onions and apples can be served as a main or side dish.

Yields
25

 **Tip**
Can also be cooked in a covered pan in steamer or oven.

INGREDIENTS	WEIGHT	MEASURE
Onions, minced	12 oz	360 g
Vegetable Oil	3 oz	94 mL
Brown Rice	50 oz	1 1/2 kg
Campbell's® Condensed Chicken Broth	48 oz	1 1/2 L
Water	55 oz	118/25 L
Dried Thyme, crushed	2 tsp	10 mL
Pepper	To taste	
Firm Apples, cored and diced	24 oz	720 g
Parsley, chopped	1/2 cup	125 mL

INSTRUCTIONS

1. Sauté onion in vegetable oil over low heat. Add brown rice and stir to coat in oil. Add chicken broth, water, thyme and pepper.
2. Bring to a boil. Reduce heat, cover, and simmer until rice is tender, approximately 40 minutes.
3. Remove from heat and stir in apples and parsley.