

BROWN RICE PILAF WITH FRESH VEGGIES



Total Time
50 MIN.

Serving Size
4 OZ / 113 G

Difficulty
EASY

For your health-conscious customers serve this Italian classic with a contemporary twist.

Yields
25

INGREDIENTS

	WEIGHT	MEASURE
Vegetable Oil	3 oz	94 mL
Onions, chopped	12 oz	360 g
Mushrooms, thinly sliced	3 oz	90 g
Red Peppers, chopped	6 oz	180 g
Celery, finely diced	6 oz	180 g
Brown Rice	50 oz	1 1/2 kg
Campbell's® Condensed Chicken Broth	48 oz	1 1/2 L
Water	55 oz	1 18/25 L
Italian Seasoning	2 tsp	10 mL

INSTRUCTIONS

1. Sauté onions, mushrooms, peppers, and celery in vegetable oil over medium heat until softened.
2. Add rice and stir to coat. Then, stir in stock, water and Italian seasoning.
3. Bring to a boil. Reduce heat, cover, and simmer until rice is tender, approximately 40 minutes.

Tip

Can also be cooked in a covered pan in steamer or oven
Other vegetables can be substituted for mushrooms and peppers – e.g. zucchini, eggplant, green pepper, broccoli and more!