

Spinach and Carrot Rice Pilaf

Source WIC calendar 2010

Ingredients

1 Tablespoon butter or margarine
1 medium carrot, grated
1 small onion, finely chopped
1 cup uncooked brown rice
2 cups chicken or vegetable stock
1 pound fresh spinach cleaned and chopped.

Directions

Melt butter in a heavy saucepan over medium-high heat. Add carrot and onion and sauté for 3 to 4 minutes, or until the onion begins to turn golden. Stir in rice and sauté another 3 to 4 minutes, or until rice turns golden brown. Stir in stock. Increase heat and bring to boil. Immediately reduce heat to low. Cover saucepan and simmer for 40 minutes, or until rice is tender and liquid is absorbed. Stir spinach into rice mixture and cook until heated throughout.

Makes 4 servings.