

Veggie Pilaf

11 ingredients · 40 minutes · 8 servings



Directions

1. In a saucepan, bring the water, butter, chicken broth, sea salt, black pepper and garlic to a boil.
2. Add the rice and the carrots. Reduce the heat to a low simmer and cover. Let simmer for 25 to 30 minutes, or until rice is tender.
3. Once the rice is tender, remove from the heat. Stir in the slivered almonds, parsley and green onion and enjoy!

Notes

Serving Size

One serving is equal to approximately 1/2 cup of pilaf.

Nut-Free

Use sunflower seeds instead of slivered almonds.

Dairy-Free

Use olive oil instead of butter.

No Brown Basmati Rice

Use any type of long-grain rice instead.

Leftovers

This rice keeps well in the fridge up to three days.

Ingredients

- 2 3/4 cups Water
- 1/4 cup Butter
- 2 tbsps Organic Chicken Broth
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 Garlic (clove, minced)
- 1 1/4 cups Brown Basmati Rice (dry, uncooked)
- 1/2 cup Matchstick Carrots
- 1/2 cup Slivered Almonds (toasted)
- 1/4 cup Parsley (chopped)
- 1 stalk Green Onion (chopped)