

Peppers a Plenty Brown Rice Pilaf

Moist and risotto-like, this pepper-packed side dish is suitable for any occasion. Stir in some black or kidney beans for a complete protein vegetarian main dish.

Portion size 6

Ingredients

- 2 tsp (10 mL) vegetable oil
- 2 tsp (10 mL) butter
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup (250 mL) sliced mushrooms
- 1 sweet red pepper
- 1 sweet yellow pepper
- 1 sweet green pepper
- 1 tsp (5 mL) dried thyme
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1 Pinch hot pepper flakes
- 1 cup (250 mL) brown rice (or pearl barley)
- 2 cups (500 mL) vegetable stock
- 1/4 cup (60 mL) sliced green onion

Directions

In saucepan, heat oil with butter over medium heat; cook onion, garlic and mushrooms, stirring occasionally, for 5 minutes or until softened.

Add red, yellow and green peppers, thyme, salt, pepper and hot pepper flakes; cook, stirring, for 3 to 5 minutes or until liquid is evaporated. Add rice; cook, stirring, for 1 minute.

Add stock; bring to boil. Reduce heat to low; cover and simmer for about 50 minutes or until rice is tender and most of the liquid is absorbed. Let stand, covered, for 5 minutes.

Serve sprinkled with green onion

Enjoy 😊