

Toasted Brown Rice with Mushrooms & Thyme

Pro tip: Brown Jasmine rice is delicious in this, but a long-grain brown rice is also a great option. Fresh thyme is readily available in the produce section, but if using dried thyme cut the amount to 1 teaspoon.

Ingredients

- 1 1/2 teaspoons olive oil divided
- 1/2 yellow onion chopped
- 2 garlic cloves minced
- 1 cup brown rice (I prefer brown jasmine)
- 1 cup vegetable or chicken broth
- 1 cup water
- 8 ounces mushrooms sliced
- 1 tablespoon minced fresh thyme
- 3 tablespoon minced flat-leaf parsley
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper

Instructions

1. Heat 1/2 teaspoon olive oil in a medium saucepan set over medium heat. Add the onions and cook until soft, 4 to 5 minutes. Add the garlic and cook for 30 seconds.
2. Add the rice and cook, stirring, for 1 minute. If using dried thyme, add it here (fresh thyme will be added below).
3. Stir in the broth and water. Bring to a boil, cover saucepan and reduce heat to low.
4. Cook until all of the liquid is absorbed, about 35 minutes or following directions on the rice package.
5. Heat 1 teaspoon olive oil in a large nonstick skillet set over medium-high heat.
6. Add the mushrooms and cook until starting to brown, about 4 minutes. If using fresh thyme, add it here and cook for 30 seconds.
7. Add the mushrooms, parsley, salt and pepper to the rice, and stir to combine. Taste for seasoning. Serve.

Picture and recipe adapted from cookinanuck.com

Makes 3 cups | Prep time: 10 minutes | Cook time: 40 minutes

