

Brown Rice & Vegetable Pilaf

By: The Complete Slow Cooking For Two, Linda Larsen

Ingredients:

- 1 onion, diced
- 1 cup sliced mushrooms
- 2 carrots, sliced
- 2 garlic cloves, minced
- 1 1/2 cups long-grain brown rice
- 2 1/2 cups vegetable broth
- 1/2 tsp salt
- 1/2 tsp dried marjoram
- 1/8 tsp black pepper
- 1/3 cup grated cheese (optional)

Instructions:

1. In a crockpot, combine onion, mushrooms, carrots, garlic and rice.
2. Add the broth, salt, marjoram and pepper to taste
3. Cover and cook on low for 5 hours, or until the rice is tender and the liquid is absorbed.
4. Stir in the cheese and serve

Serves: 9

Serving size: 3/4 cup

Nutritional Information:

Calories: 145

Total fat: 2g; Saturated fat: 1g; Cholesterol: 5mg; Carbohydrates: 26g; Fiber: 2g;

Protein: 6g

