

HERB MIX FOR RICE

Preparation Time: 5 minutes
Cooking Time with Rice: 25 minutes.

INGREDIENTS

- 3 tablespoons dried minced onion.
- 1 tablespoon dried basil
- ½ teaspoon garlic powder
- 1 teaspoon celery salt, optional
- 2 tablespoons instant beef or chicken bouillon granules

DIRECTIONS

1. Be sure all equipment and ingredients are dry. Combine ingredients thoroughly.
2. Put in a covered jar or tightly closed bag.
3. Store in cool, dry cupboard or refrigerator.

To cook 2-3 servings of rice with mixed herbs in microwave:

1. Put 2 cups hot water, 1 cup brown rice, 2 tablespoons herb mix, and 1 teaspoon butter or margarine in 2-3 quart microwave-safe dish.
2. Cover dish lightly with waxed paper
3. Microwave on high (100%) until mixture comes to a boil (about 5-7 minutes). Reduce power to defrost (30-50%), and cook 15-18 minutes until water is absorbed. Fluff with a fork.

NUTRITIONAL INFO: Serving Size: 2/3 cup; Calories: 240; Fat: 1 grams (g); Sodium: 250 milligrams (mg); Fiber: 2 g.; Iron: good source



VARIATION:

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To cook 2-3 servings of rice with mixed herbs on the stove:

1. Bring 2 cups of water to a boil. Add 1 cup brown rice, 2 tablespoons herb mix, and 1 teaspoon butter or margarine.
2. Bring to a boil again. Stir, reduce heat, and cover. Simmer for 20 minutes or until all liquid is gone. Fluff with fork.
3. Refrigerate leftovers within 2 hours. Single portions can be frozen in patty-shaped flat packages, less than ½-inch thick. Thaw frozen rice 1-2 minutes on defrost in microwave.

SIMPLY GOOD EATING

