



# Rice Cooker Pilaf

## Servings: 6

1 serving = ~3/4 cup cooked

## Equipment:

Rice cooker, knife, cutting board, measuring spoons, measuring cups, serving/stirring spoon, mesh strainer to rinse rice.

## Ingredients:

- 1 1/2 cup long-grain brown rice (ex Jasmine, Basmati)
- 3 cups broth of choice
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 1/2 cup frozen green peas
- 2 tsp garlic, minced
- 2 tsp Extra virgin olive oil
- 1/4 tsp salt
- Black pepper to taste

## Preparation:

1. Add rinsed rice to rice cooker, along with all ingredients except for peas. Toss to coat with the olive oil and seasonings well. \*
2. Add broth. \* Cook using brown rice setting.
3. After cooking is complete, add frozen peas, stir, and replace lid for ~ 5 minutes to allow the steam to thaw and cook the frozen peas. \*
4. Serve and enjoy!

### \*Flavor Notes:

- Consider adding 1 tsp of dried herbs of choice in Step 1 for additional flavoring.
- Broth options: chicken, beef, vegetable, plain water, or low sodium varieties.

**\*Knowledge Note:** Adding your peas at the beginning of cooking will over cook them and make them mushy. It is best to add them last and let the residual steam do the work.

**Nutrition Facts per serving:**  
(Using Brown Basmati rice & chicken broth)

**Calories 213.5**

Total Fat 3.1g (4%)  
Saturated Fat 0.25g (3%)  
Trans Fat 0g  
Cholesterol 0mg  
Sodium 197.2mg (9%)  
Total Carbohydrate 41.3g (15%)  
Dietary Fiber 3g (11%)  
Total Sugars 3.1g  
Added Sugars 0g  
Protein 5g  
Vitamin D 0mcg (0%)  
Calcium 24.2mg (2%)  
Iron 0.9mg (5%)  
Potassium 248.9mg (5%)

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