



# Rice Pilaf

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
4 cups	brown rice	1 L
8 cups	low-sodium broth or water	2 L (1 kg)
¼ cup	vegetable oil	60 mL
1	onion, finely diced	1
4 cups	celery, finely diced	1 L
3 cups	red peppers, finely chopped	750 mL
1 tsp	salt	5 mL
Optional:	Replace celery and/or peppers with other vegetables (e.g. carrots, peas, frozen vegetables) mushrooms, sliced pepper	

## Instructions

1. Combine rice and broth or water. Bring to a boil.
2. Reduce heat to medium and simmer until liquid is absorbed, about 25 minutes.
3. Meanwhile, heat oil on medium-high heat. Sauté onions until soft.
4. Add remaining vegetables and sauté until tender.
5. Combine rice and vegetables. Season with salt and pepper (if using).

<b>Nutrition Information</b>	
Serving 80 g (½ cup)	
<b>Calories</b>	80
<b>Fat</b>	2 g
	Saturated 1 g
	+ Trans 0 g
<b>Sodium</b>	95 mg
<b>Carbohydrates</b>	14 g
	Fibre 1 g
	Sugars 1 g
<b>Protein</b>	2 g
	Calcium 10 mg
	Iron 0.4 mg

<b>Food Guide Servings</b>
½ Vegetable & Fruit
½ Grain Product