

Wild Rice & Veggie Pilaf



Great as a side dish or add some diced chicken or cooked shrimp and you have a full meal

Serves 4

1/2c dried apricots		2c collard greens, cleaned, chopped
3 1/2c chicken broth	1c wild brown rice, uncooked	
1T olive oil	1 ~ 15oz can kidney beans, do not drain or rinse	1/2c currants ~ or raisins
1 medium onion, diced		zucchini, sweet corn, green beans, sweet peas, diced tomatoes, cooked
1 red bell pepper diced	1 small sweet potato, peeled, diced	diced chicken breast, raw peeled shrimp ~ optional
1 garlic clove, minced		

Place apricots in blender. Add 1c broth gradually and pureé. Set aside.

Heat oil in large stock pot over medium heat. Add onion, red pepper and garlic and sauté 3 minutes. Add uncooked rice and stir 1 minute.

Add beans and their juice, sweet potatoes, collard greens, currants, apricot pureé and remaining chicken broth ~ add any other additional vegetables you wish. Bring to boil.

Reduce heat to low, cover and simmer until rice and vegetables are tender and liquids are absorbed ~ approximately 30~45 minutes. Turn off heat and if adding chicken and/or shrimp, add to rice and stir. Keep covered, off heat, for at least 10 minutes.

Prepare Ahead Tip

Freezes well. Thaw overnight in refrigerator, day before consumption, and reheat in microwave or on stovetop until heated through. If chicken and/or shrimp is added, do not overcook or protein could become tough.

Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com