

## Wild Rice Blend

½ cup	brown & wild rice blend
1 ¼ cup	beef broth, low sodium
1 tsp	olive oil
½ cup	mushrooms, chopped
2 tbsp	green onions, chopped
	freshly ground pepper

- Add rice and beef broth to medium saucepan.
- Bring to a boil, uncovered, stirring once or twice.
- Lower heat to a simmer.
- Cover pan and cook for 40 minutes, without removing lid or stirring. Remove from heat.
- In small nonstick fry pan, heat oil over medium heat.
- Sauté mushrooms and green onions for 5 minutes. Mix in cooked rice. Season with pepper.
- Makes 2 servings.