

Oven-Baked Brown Rice with Mushrooms

Brown rice and mushrooms share the same earthy flavor in this recipe.
Perfect for a nice lunch or light dinner.

Recipe from Joy of Cooking, by I.S. Rombauer, M. Rombauer Becker,
and E. Becker. Serves 4.

3 tbsp.	butter or olive oil
1 1/2 cups	coarsely chopped mushrooms
1/2 cup	chopped onions
1 clove	garlic, finely chopped
1 cup	long-grain brown rice
1/8 tsp.	ground black pepper
2 1/4 cups	chicken or vegetable stock
1/4 tsp.	salt

1. Preheat oven to 350 degrees F.
2. Melt butter or heat oil in a 2-quart stovetop-to-oven casserole over medium high heat.
3. Add mushrooms, onions, and garlic, stirring until mushrooms are lightly browned, about 8 minutes.
4. Add long-grain brown rice and black pepper. Stir until coated.
5. Add chicken or vegetable stock and salt.
6. Bring mixture to a boil. Cover and bake until rice is tender and the stock is absorbed, about 45 minutes. Let stand, covered, for about 10 minutes before serving.

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Shopping List

Oven-Baked Brown Rice with Mushrooms

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>PLU #</u>
butter or olive oil	3 tbsp.	_____
mushrooms	1 1/2 cups	_____
onions	1/2 cup	_____
garlic	1 clove	_____
long-grain brown rice	1 cup	_____
ground black pepper	1/8 tsp.	_____
chicken or vegetable stock	2 1/4 cups	_____
salt	1/4 tsp.	_____

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