

Brown Rice Pilaf

1 cup brown rice

2 cloves garlic, minced

2 tablespoons butter

2 cups chicken broth

¼ cup shredded carrots (can substitute mushrooms, sweet peppers, or zucchini)

¼ cup rice wine (can substitute apple juice, dry white wine, or water)

¼ teaspoon dried basil (can substitute oregano or thyme)

½ cup slivered almonds (can substitute green onions, chopped walnuts, or pine nuts)

Melt butter in a medium sauce pan. Add garlic and uncooked rice. Stir in hot butter for 3 minutes.

Slowly add chicken broth, then stir in carrots, wine and dried herb.

Bring mixture to boiling; reduce heat. Cover and simmer for 30-45 minutes or until rice is tender and liquid is absorbed. Add slivered almonds and serve.