

Roasted Garlic-basil Brown Rice

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Ingredients

2 tbsps olive oil
2 tbsps roasted garlic
1 cup yellow onion (finely chopped)
1/2 cup basil leaves (finely chopped)
1 1/2 cups brown rice
3 cups vegetable stock
3/4 tsp sea salt
ground black pepper (Freshly)

Directions

Coat the bottom of a medium-sized saucepot with the oil and place it over medium heat.

Add the roasted garlic and onions and cook until the onions are translucent and soft, about 5 minutes.

Mix in basil leaves and rice. Stir to be sure all of the grains of rice are coated with the other ingredients, and then sauté for about 2 minutes, stirring almost constantly.

Add the stock and salt, and bring to a boil.

Reduce the heat to the lowest setting, cover the pot, and cook until all of the liquid has been absorbed, about 30 minutes.