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### **Note:**

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## ***Brown Rice***

- 1 Tbsp olive oil
- 1 Cup onion, chopped
- 1 Cup portabella mushrooms, rinsed, halved, then thinly sliced
- 1/2 Cup celery, rinsed and finely diced
- 2 Cup low-sodium chicken broth
- 1 Cup instant brown rice, uncooked
- 1/4 Cup dried parsley
- 1/4 Tsp salt
- Ground black pepper to taste

- 1) In a 4-quart saucepan, warm olive oil over medium heat. Add onion, mushrooms, and celery. Cook and stir for 5–7 minutes, until all vegetables are soft, but not brown.
- 2) Stir in the chicken broth, brown rice, parsley, salt, and pepper. Cover. Bring to a boil over high heat.
- 3) Reduce heat to medium. Cook according to brown rice package directions, about 5–10 minutes. Drain off any excess liquid. Fluff with a fork. Serve immediately.

Makes 4 Servings