# Flavored Rice Recipes

### <u>Rice Pilaf</u>

- 2 tbsp butter or oil
- 1/2 cup orzo pasta
- 1/2 cup diced onion
- 2 cloves of garlic minced
- 1/2 cup white rice
- 2 cups chicken broth
- Heat butter/oil in pan, add orzo and onions. Saute until soft. (orzo will turn a golden brown)
- 2.Add in minced garlic and rice to the pan and stir for 1–2 minutes.
- 3. Slowly add in broth. Bring to a boil.
- 4.Reduce heat, cover, and let simmer for 18–20 minutes.
- 5. You can add chopped fresh herbs to this as well!

#### Broccoli & Cheese Rice

- 3 tbsp butter or oil
- 1 chopped onion (optional)
- 1/2 cup broken spaghetti noodles or vermicelli pasta
- l cup white rice
- Favorite Seasoning (I use Italian Seasoning)
- 4 cups broth of your choice (or water)
- 6oz chopped broccoli cuts (1/2 a regular bag)
- 1 cup shredded cheese
- 1. Saute onion in butter and once tender, add noodles and rice. Stir for 1-2 minutes.
- 2.Add in favorite seasonings, and slowly pour in broth. Add in broccoli and bring to a boil.
- 3.Reduce heat and cover, let simmer for 18– 20 minutes.
- 4. Stir in cheese until melted!

## <u>Cheesy Rice</u>

- 2 tbsp butter or oil
- 4oz broken spaghetti noodles or vermicelli
- 1.25 cups white rice
- 3.75 cups of water/broth/chicken bouillon
- favorite seasonings (I like an herb blend)
- l cup of shredded cheese (your choice)
- 1.Melt butter in a pan, and add noodles and rice. Stir for 1–2 minutes.
- 2. Slowly add in liquid of choice and your favorite seasonings.
- 3.Bring to a boil, reduce heat, and cover for 18–20 minutes.
- 4. Stir in cheese until melted!

## <u>Spicy Buffalo Rice</u>

- 2 tbsp butter
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- l cup white rice
- 1.5 cup chicken broth
- 1/2 cup buffalo or hot sauce
- blue cheese dressing or ranch dressing
- 1. Melt butter in pan, saute celery and onion until tender.
- 2.Add in rice and stir for 1–2 minutes, then add in broth and hot sauce.
- 3.Bring to a boil, then reduce heat. Cover and let simmer for 18–20 minutes.
- 4. You can drizzle the blue cheese or ranch on top or mix into the fully cooked rice!

### Garlic Cilantro Lime Rice

- 1 tbsp oil
- 3 garlic cloves (minced)
- 1/2 cup diced onion
- 1 cup white rice
- 2 cups broth of choice (I like chicken broth)
- 3 limes (zested and juiced about 3 tbsp)
- Fresh Cilantro (or substitute parsley)
- 1.Heat oil in pan, and saute minced garlic and onion until soft.
- 2. Add in rice and stir for 1-2 minutes.
- 3.Slowly add in broth and 2 tbsp lime juice. Bring to a boil and then reduce heat. Cover and let simmer for 18–20 minutes.
- 4. Stir in lime zest, remaining 1 tbsp of lime juice, and chopped cilantro or parsley.

### Mushroom Rice

- 2 tbsp butter or oil
- 1/2 cup chopped mushrooms
- 1-2 tbsp onion (optional)
- 1 clove of garlic minced
- 1 cup white rice
- 2 cups chicken broth
- fresh parsley chopped (optional)
- 1.Heat butter/oil in pan, add chopped mushrooms and onions. Saute until soft, then add minced garlic.
- 2.Add rice to the pan and stir for 1-2 minutes.
- 3. Slowly add in broth. Bring to a boil.
- 4.Reduce heat, cover, and let simmer for 18–20 minutes!
- 5. Top with chopped parsley or any other fresh herbs if you like!

### Yellow Rice

- 2 tbsp oil
- l cup white rice
- Favorite Seasonings (I use onion powder, garlic powder, etc)
- 1 tsp ground turmeric
- 1.Heat oil in pan, add rice and seasoning. Stir for 1–2 minutes.
- 2.Slowly add water, and then bring to a boil.
- 3.Reduce heat, cover, and let simmer for 18–20 minutes.

#### Spanish Rice

- 2 tbsp oil
- 1/4 cup chopped onion
- 1.5 cups white rice
- 2 cups chicken broth
- l cup picante or salsa
- 1.Heat oil in pan, add chopped onion and saute till soft.
- 2.Add rice to the pan and stir for 1–2 minutes.
- 3.Slowly add in broth and salsa. Bring to a boil.
- 4.Reduce heat, cover, and let simmer for 18–20 minutes!

#### Pesto Rice

- 1 tbsp butter or oil
- 1/2 cup chopped onion
- 1.5 cups white rice
- 3 cups water
- 6-7 oz jar of pesto
- 1 lemon (juice & zest) \*optional\*
- 1.Heat butter/oil in pan, add onions. Saute until soft.
- 2. Add rice to the pan and stir for 1–2 minutes.
- 3. Slowly add in water . Bring to a boil.
- 4.Reduce heat, cover, and let simmer for 18–20 minutes.
- 5.Fold in pesto sauce and lemon juice/zest if you include that!

#### Mexican Rice

- 3 tbsp oil
- 1/4 cup chopped onion
- 1 cup white rice
- Favorite Seasonings (i like to add garlic powder and onion powder)
- 1/2 tsp ground cumin (can substitute taco seasoning)
- 2 cups chicken broth
- 1/2 cup tomato sauce
- 1.Heat butter/oil in pan, add onions. Saute until soft.
- 2. Add in rice and seasonings to the pan and stir for 1–2 minutes.
- 3.Slowly add in broth and tomato sauce. Bring to a boil.
- 4.Reduce heat, cover, and let simmer for 18–20 minutes.
- 5. You can add in any leftover mixed veggies too!

Notes: