

Brown Rice Pilaf with Mushrooms and Apricots

This is hearty; satisfying vegetarian fare that we've dished up in entrée-sized portions because all you need to make it a meal is a big green salad. Can substitute other vegetables for mushrooms.

Ingredients

2 teaspoons extra-virgin olive oil
1/4 pound sliced button mushrooms
2 Portobello mushrooms, chopped
1/2 small onion, chopped 1 cup long-grain brown rice
2 cups water or vegetable broth Salt and ground black pepper
1/2 cup chopped non-sulfite dried apricots
1/2 cup chopped toasted walnuts
1/4 cup total chopped fresh parsley and thyme
1/2 teaspoon apple cider vinegar

In a medium sauce pot, sauté mushrooms and onions in warmed oil over medium-high heat, stirring often, about 6–8 minutes. Stir in rice, water or broth, salt & pepper to taste and bring to a boil. Cover, reduce heat to medium-low and simmer until liquid is completely absorbed, about 45 minutes. Remove covered pot from heat and let sit 10 minutes; uncover and fluff with fork. Transfer to large bowl, add apricots, walnuts, herbs, and vinegar and toss to combine.