

RICE PILAF



We are so excited to share a recipe from our Good Meals To Go program, a collaboration between Groundswell Cafe and the Cultivate Hope Corner Store that provides affordable, healthy alternatives to fast food dining. We hope you enjoy this recipe and our Cooking for a Cause class!

Recipe by Philip Hamilton, Groundswell Director

PREP TIME

- Prep - 10 minutes
- Cook - 25 minutes
- Serves 4-6 people

INGREDIENTS

- 2 cups long-grain rice
- 2 cups water
- 1/2 onion, diced small
- 2 celery stalks, diced small
- 1 tbsp salt
- 1 tsp turmeric

DIRECTIONS

- 01** Dice 1/2 onion and 2 celery stalks.
- 02** In a sauce pan on low-medium heat, sweat diced onion and celery until soft.
- 03** Add salt and turmeric and cook for 30 seconds.
- 04** Add rice and stir for 1 minute over heat.
- 05** Add 2 cups of water, bring to a boil.
- 06** Lower heat, cover and let simmer for 12-15 minutes.
- 07** Rice is done when water has evaporated.



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