

Vegetable Pilaf

Original recipe from iwashyoudry.com

Ingredients:

- 2 tsp olive oil
- ½ diced onion
- 1 cup long-grain rice, uncooked
- ½ tsp garlic salt*
- ½ tsp dried basil leaves
- ½ tsp ground turmeric
- 2 cups chicken broth
- 1 cup frozen peas and carrots

Instructions:

1. Heat the oil in a skillet and add the onion. Cook for 3 minutes or until it's almost translucent.
2. Add in your rice and cook, stirring until the rice is lightly toasted.
3. Add in your spices and stir until evenly distributed.
4. Add your chicken broth and bring to a boil.
5. Lower the heat to a simmer. **Cover and cook for 10 minutes.**
6. Add in the frozen peas and carrots and stir well (adding up to ½ cup of extra broth if the rice looks too dry— you don't want it to burn). **Cover and cook for an additional 10 minutes.**

*Make your own garlic salt by combining 3 teaspoons of salt to 1 teaspoon of garlic.