Louisiana HARVEST of the MONTH

Mushroom Rice

Home Recipe

Serves: 4
Prep Time: 20 minutes
Cook Time: 1 Hour 15 Minutes

Ingredients

- 1-pound mushrooms, cut into ¼ inch slices.
- 2 Tbsp unsalted butter
- ½ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp black pepper
- ½ tsp paprika

For the rice:

- 1 tsp dry thyme
- 1 ½ cups brown rice
- 2 ½ cups low sodium chicken broth

Cooking Instructions

1) Melt butter in a microwave safe dish. Spread the slices evenly on the baking sheets.
2) Pour melted butter over the sliced mushrooms and lightly toss with hands or a spatula.
3) Season with the onion powder, garlic powder, black pepper and paprika. Toss again. Roast in oven for 15 minutes or until mushrooms have browned and are tender.
4) Once the mushrooms are done, place them in an 8x8 baking dish. Spread the rice over the mushrooms.
5) Decrease the oven temperature to 375 degrees.
6) Bring the chicken broth and 1 teaspoon of thyme to a boil. Once the broth boils, pour it over the rice, stir to combine, and cover the dish tightly with aluminum foil. Bake on the middle rack of the oven for about 50 minutes to 1 hour.

Nutrients Per 1 Cup Serving

Calories	140
Total Fat	5 g
Saturated Fat	3 g
Cholesterol	15 mg
Sodium	70 mg
Carbohydrates	17 g
Dietary Fiber	1 g
Protein	6 g
Calcium	3 mg
Iron	1 mg
Potassium	88 mg

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