Brown Rice Pilaf (Asian Style)
Makes 6-8 Servings

2 tablespoons oil
2-3 carrots, julienned (thinly sliced)
1 large onion, finely chopped
2 cups brown long grain rice (rinsed and drained)
1/2 teaspoon salt (optional)
Pepper to taste
4 cups of hot boiled water

1. Heat oil in a large skillet over medium-high heat.
2. Place carrots in the skillet and sauté until caramelized.
3. Add onions to the carrots and sauté about 3 minutes.
4. Add rice, salt (if using) and pepper and mix everything together.
5. Add boiling water and cook covered over medium-low heat for about 40 minutes, or until all of the water evaporates. (Check after 30 minutes by inserting a spoon to see how much water is left.)
6. The idea is not to overcook the rice and at the same time make sure that all water is absorbed.
7. You may have to reduce or add more heat in the process to get it just right in the end.)
Kids can help by:

- Gathering ingredients and supplies
- Helping measure ingredients
- Helping to stir ingredients together
- Helping with clean up

This material was funded, in part, by USDA’s Basic Food Program through Public Health—Seattle & King County.
The Basic Food Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.
To find out more, call 1-800-221-5689. This institution is an equal opportunity provider and employer.