

## Brown Rice Pilaf with Mushrooms and Apricots

Serves 4

This is hearty, satisfying vegetarian fare you can dish up in entrée-sized portions, because all you need to make it a meal is a big green salad. Enjoy the flavors as you enjoy a very affordable meal!

### Ingredients

2 teaspoons extra-virgin olive oil  
1 8oz container of portabello mushrooms, sliced  
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 dried apricots  
1/2 cup chopped toasted walnuts  
1/4 cup total chopped parsley and thyme  
1/2 teaspoon apple cider vinegar

### Method

- 1) In a medium saucepot, sauté mushrooms and onions in warmed oil over medium-high heat, stirring often, about 6–8 minutes.
- 2) 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.
- 3) Remove covered pot from heat and let sit 10 minutes; uncover and fluff with fork. Transfer to large bowl, add apricots, walnuts, herbs, vinegar and toss to combine.