

Savory Wild Rice Pilaf

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/near-east-rice-pilaf-double-recipe>

Ingredients:

- 1 1/2 cups brown rice
- 1/2 cup wild rice
- 4 cups water
- 1 bay leaf
- 1 tablespoon seasoning Kirkland Organic No Salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon seasoning salt Herbamare, or sea salt to taste
- 2 tablespoons extra virgin coconut oil or butter

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 71 grams
3. Fat: 9 grams
4. Fiber: 4 grams
5. Protein: 9 grams
6. SaturatedFat: 7 grams
7. Sodium: 15 milligrams
8. Sugar: 1 grams

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