



Mushroom Rice

Looking for a savory, comforting dish that's packed with flavor and perfect for any meal? This Mushroom Rice recipe brings together earthy mushrooms, aromatic herbs, and perfectly cooked rice for a dish that's both simple and satisfying.

Serves: 3

Ingredients

- 1 tablespoons butter (or oil)
- 1 ½ cups mushrooms (10 ounces), sliced (any kind)
- 1 medium onion, peeled and chopped small
- 1 clove garlic, peeled and minced
- ½ tablespoon jalapeños, diced (optional)
- 1 teaspoon fresh thyme or ¼ teaspoon dried thyme
- ½ tablespoon smoked or regular paprika
- 1 tablespoon Creole* or Italian seasoning (salt-free)
- 2 cups vegetable broth (low sodium)
- 1 cup long-grain rice, rinsed with water
- Salt to taste
- 1 green onion, sliced, for garnish

Directions

1. Heat a large skillet over medium heat and melt the butter or oil.
2. Add the mushrooms and sauté for 2-3 minutes.
3. Add the onions and sauté until soft, about 5-7 min. Add garlic, jalapeños (if using), thyme, paprika, and Creole or Italian seasoning and sauté 30 seconds.
4. Pour in the broth, then add the rice, and salt to taste.
5. Bring to a boil, then reduce heat, cover, and simmer for about 20 minutes, until the rice is cooked.
6. Remove from heat and let it rest for 5 minutes. Fluff with a fork.
7. Garnish with green onions and serve.

Chef's Tip:

*Creole seasoning is a blend of garlic powder, onion, black pepper, and cayenne, oregano, basil, and paprika. You can find it in the spice aisle at most supermarkets.

Nutrition Info per serving:

Calories: 287, Saturated Fat: 2.6 g, Sodium: 88 mg, Added Sugars: 0g, Fiber: 2.7 g Protein: 6 g

Recipe adapted from:

<https://www.africanbites.com/mushroom-rice/>

For more info about Beyond Hunger visit:
<https://www.gobeyondhunger.org>