



WILD RICE

"STUFFING"



Ingredients:

- 1 cup brown rice, uncooked
- 1 cup wild rice, uncooked
- ¼ cup unsalted butter, divided
- 2 medium onions, finely diced
- 1 ½ cups chopped celery
- 1 small clove garlic, finely chopped
- 1 tbs chopped fresh or dried sage
- 1tbs chopped fresh or dried thyme
- ½ teaspoon celery seeds
- Pinch of grated nutmeg
- Pinch of ground cloves
- ½ teaspoon kosher salt
- Freshly ground pepper, to taste
- ¼ cup low sodium chicken broth or turkey stock (can add more if needed)

Instructions:

1. Cook wild and brown rice according to package directions, substituting low sodium chicken broth for the water.
2. Spread the rice on a cookie sheet and allow it to cool before continuing. *If you can refrigerate it overnight, even better.
3. Heat a large skillet over medium heat. Add the butter. When butter has melted, add the onion, celery, garlic, sage, thyme, celery seeds, nutmeg, cloves, and salt.
4. Cover the pan with a lid and cook over medium-low heat until the onion is soft, 5 to 7 minutes, stirring occasionally.
5. Remove the pan from the heat and add the cooked vegetables to a large mixing bowl.
6. Add the cooked and cooled rice and mix well. Season with freshly ground pepper.
7. Pour the stock over the rice and toss to coat. The rice should just hold together when mounded on a spoon.
8. Spread the rice mixture into a casserole dish sprayed with non-stick cooking spray.
*If you are making this a day ahead, cover the dish with foil and refrigerate.
9. Bring the casserole to room temperature before baking.
10. Pour an extra ¼ cup of stock over the rice mixture if it seems dry.
11. Bake the casserole, covered, at 350°F until heated through, about 45 minutes to one hour. For a crunchy top, uncover for the last 15 minutes of baking.