

Two vegetable rice pilaf

serves 4-6

2 tablespoons olive oil
1 small leek, white and green parts only, cleaned and finely chopped
1 ½ cups long grain white rice
1 small carrot, peeled and shredded
3 cups hot water, vegetable broth or chicken broth
2 tablespoons finely chopped fresh parsley
Salt and freshly ground black pepper to taste

In a medium size saucepan, heat the oil over medium heat.
Saute the leek for 3 minutes or until softened.

Turn heat to high and add the rice.
Saute the rice, stirring constantly, for about 3 minutes or until well coated and lightly browned.
Reduce heat to medium, add the carrot and stir for 1 minute.
Add the hot water or broth to the rice, stir with a fork and bring to a boil.
Cover and reduce heat to medium low.
Simmer for about 20 minutes or until all liquid has been absorbed and rice is tender.
Add the parsley, salt and pepper. Taste and adjust seasonings.

May be prepared 2 hours in advance and kept at room temperature.
Reheat in a double boiled over simmering water for 10 minutes.