

## **Baked Brown Rice and Vegetable Pilaf**

Serves 2-3

1 Tbsp. butter  
1/2 onion, diced  
1 small to medium carrot, diced  
2 celery ribs, sliced  
1 cup chopped mushrooms  
2 cloves garlic, minced  
1/2 cup brown rice  
1 bay leaf  
scant 1 cup chicken broth

Preheat the oven to 375.

In a small or medium shallow saucepan that has a tight fitting lid (or you can use whatever you want and transfer to a small baking dish later), melt the butter over medium heat. Add the onion, carrot, and celery and cook about 2 minutes before adding the mushrooms and garlic. Cook until the vegetables start to get tender but the carrots and celery still retain some of their bite.

Add the brown rice and toast it for a minute or two, stirring everything together. Add the bay leaf, chicken broth, and salt and pepper to taste. Bring the mixture to a boil, cover with the lid and then place in the oven for 1 hour. Let it stand a few minutes before fluffing with a fork and serving.