



BODYBUILDING.COM™

Easy Turmeric Rice

Prep Time: 5 min. Cook Time: 20 min.

Ingredients

1 cup brown minute rice
2 cups salt-free chicken broth
2 tsp grass-fed butter
1 clove garlic, minced
1 tsp turmeric
1 green onion, finely diced
1/4 cup finely diced onion

Directions

1. Heat butter in skillet over medium heat.
2. Add garlic and onion; sauté for 2 minutes.
3. Add in the brown rice and turmeric. Stir for a minute to coat the rice.
4. Add chicken broth and bring to a boil.
5. Once the broth boils, cover skillet and simmer for 15 minutes.
6. When the rice is done, fluff with a fork, top with green onions, and serve.

Servings: 4 servings

Serving Size: 1/2 cup