

Brown Rice White Bean Pilaf

Serves 4 to 6

1 recipe **Wellness Forum Health's Brown Rice Vegetable Soup**

Reduce the amount of water to make the soup in this recipe and you can turn it into a delicious pilaf.

1 medium onion, chopped finely

1 cup finely-diced carrots

2 stalks celery, finely diced

1 medium red bell pepper, diced

3 cloves garlic, minced

1 can great northern beans, drained and rinsed

sea salt and pepper to taste

1 cup freshly chopped basil

- Add the soup mix to a medium saucepan and add 5 cups water to the pan.
- Bring the mixture to a boil over high heat.
- Cover the pan with a tight fitting lid, reduce the heat to medium-low, and cook for 45 minutes or until the rice is tender.
- While the soup cooks, heat a large skillet over medium-high heat.
- Add onion and diced carrots and cook 4-5 minutes, stirring occasionally.
- Add water 1-2 tablespoons at a time to keep the vegetable from sticking to the pan.
- Add the red bell pepper, and cook another 3-4 minutes.
- Add the garlic, cooked soup mix, and beans.
- Simmer, covered for 10-12 minutes or until most of the water is absorbed.
- Season with salt and pepper.
- Add fresh herbs and stir just to combine.
- Serve.