

## "Chicken" Rice Pilaf

Serves 4

1 medium onion, diced

1 large carrot, peeled and diced

2 stalks celery, diced

1 ½ cups brown rice

3 1/2 cups water

3 tablespoons Wellness Forum Health Certainly Not Chicken Broth powder

1 tablespoon Bragg's Liquid Amino Acids or tamari sauce

1 package Chicken-style seitan, drained

½ cup fresh basil, chopped

4 green onions, chopped

- In a large pot, saute the onions, carrots and celery over medium heat until the onions are translucent and tender, about 7 to 8 minutes. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking.
- Add the brown rice, water, broth powder, and Bragg's. Turn the heat up to high, and bring the pot to a boil.
- Reduce the heat to medium, cover and let simmer 45 minutes, until the rice is tender.
- Add the chicken style seitan, fresh basil, and green onions and cook another 10 minutes