

## Veggie Rice Pilaf

Yield: 4 cups

Serves: 6 adults

### Ingredients

- 1/2 chopped carrot (1/4 cup)
- 1 stalk chopped celery (1/3 cup)
- 1/2 chopped green pepper (1/4 cup)
- 1/2 medium chopped onion (1/2 cup)
- 2 cups chicken broth
- 1 tablespoon margarine
- 1 cup rice
- 1/4 teaspoon black pepper.

### Steps

1. Preheat oven to 350 degrees.
2. **Wash carrots, celery and green peppers. Discard inedible portions**, and chop edible portions.
3. Cut onion in half and remove ends. **Peel one half of the onion**, and chop this half.
4. Bring broth to a boil in saucepan.
5. Combine boiling broth and margarine in 1-quart casserole dish, and stir until melted.
6. Stir in rice, chopped vegetables, and black pepper.
7. Cover and bake at 350 degrees for 35 minutes or until rice is tender and liquid is absorbed.
8. Remove from oven and let stand, covered, for 5 minutes. Fluff with fork, and serve.
9. **Enjoy!**

**Have your child help you do the bold steps.**

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