

EVERYTHING *Herbal*

— by Cheryl Jabz —

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Fenugreek Rice Pilaf

BENEFITS: Light and aromatic.
Complements grilled meats
and vegetables.



INGREDIENTS

-  1 cup long-grain rice
-  2 cups chicken or vegetable broth
-  1/4 tsp ground fenugreek
-  1/2 tsp parsley
-  1 tbsp butter

INSTRUCTIONS

- 1** Melt butter in a saucepan.
- 2** Add rice and toast for 2 minutes.
- 3** Add broth and fenugreek.
- 4** Simmer covered 18 minutes.
- 5** Fluff and stir in parsley.



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