

Wild Rice with Mushrooms

Ingredients:

- 1 cup wild rice
- 4 cups broth or water
- ½ tsp sea salt
- 1 Tbsp., olive oil
- 2 tsp. garlic powder
- 1/2 tsp. thyme
- ½ tsp., oregano
- 1 Tbsp. Italian Seasoning
- ½ tsp sea salt, ½ tsp. black pepper
- 4 Tbsp. butter or ghee
- 1 lb. mushrooms-any kind, rinsed, chopped
- ¾ cup broth

Instructions:

1. In a strainer, rinse wild rice. Let drain.
2. In a medium size pot, add broth, sea salt, olive oil. Bring to a boil.
3. Add the wild rice.
4. Optional: add seasonings: garlic powder, Italian seasoning, other
5. Bring to a boil. Stir. Cover.
6. Simmer on low for about 45 min. or until rice is desired consistency.
7. Drain excess liquid.

Cook the mushrooms

- In a large skillet, melt 4 Tbsp. butter or ghee.
- Add the chopped mushrooms.
- Add desired spices: 1 Tbsp. garlic powder, 1 tsp Italian seasoning. Stir.
- Sauté mushrooms until they release their juices, about 8 minutes.
- Add about ¾ cup broth. Increase heat to medium.
- Cook until broth is reduced a bit and broth thickens, about 8 minutes.

Mix the cooked mushrooms with the cooked wild rice

- In a serving bowl, add cooked mushrooms to the cooked wild rice. Mix.
- Add seasonings as desired.

Benefits of Wild Rice

Walk (or rather *cook*) on the wild side by trying cooked wild rice, a yummy and interesting variation from the usual brown or other rice side dish.

Unlike other types of rice, wild rice is actually a seed that is extracted from a grass. Cooked wild rice contains more protein, more fiber, less calories and less carbs than other types of rice. Cooked wild rice has a chewy texture and a nuttier flavor. It is also high in fiber, and minerals, including magnesium and zinc.

There are two types of wild rice available for purchase.

True wild rice is harvested from natural wetlands or marshy grasslands. Referred to as *manoomin* which means "the good berry", true wild harvested rice is an indigenous sacred food of the Native American Anishinaabe and Ojibwa people of Minnesota, Wisconsin, and Michigan who live around the Great Lakes region. True wild rice is still gathered by Native Americans using traditional harvesting and preparation techniques. It can be purchased online and in some specialty stores.

The more common, *cultivated wild rice*, called *paddy wild rice*, is grown in a manmade paddy, or rice field, this variety was created from the same wild rice species.

Cooking instructions can vary between the two types. The cultivated wild rice generally uses more liquid and has a longer cooking time than the true wild rice. Follow instructions on the package.

The consistency of wild rice is a bit different than other high starch rice as the grains are loose and do not stick together. This provides a chewier fibrous texture that requires a slower chewing motion, giving one time to enjoy its unique flavors.

The rice seed, when steamed or soaked, pops open breaking the dense outer hull, revealing a soft cream-colored center. This is why cooked wild rice has many different color variations.

The true wild rice and the cultivated wild rice are both nutritious with the true wild rice having a bit more protein.

Wild rice makes a satisfying, highly nutritious and colorful addition to any meal

<https://www.superfoodevolution.com/what-is-wild-rice.html>

