

Broccoli Confetti Rice (25 servings)



INGREDIENTS:

Water	3 ¾ cups
Chicken Broth, reduced sodium	4 ½ cups
Garlic Powder	3 tsp
Rice, uncooked	3 cups
Broccoli, chopped	3 cups
Carrots, shredded	1 ½ cup
Pimento, diced, drained	6 ozs

NUTRITIONAL VALUE:

Calorie: 90
Fat: 0 g
Cholesterol: 0mg
Sodium: 110mg
G4G: Green

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Method of Preparation

1. Heat water, broth and garlic powder to boiling. Stir in rice; reduce heat to low. Cover and simmer 15 minutes.
2. Stir in broccoli and carrot. Cover and cook about 5 minutes or until rice and broccoli are tender. Stir in pimentos. Let stand 5 minutes.

Serving Size: 4 ounces (126 grams)