

Side Dish

Sweet Tea Rice With Caramelized Onions

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Servings: 6

Preparation Time: 25 minutes

Start to Finish Time: 25 minutes

2 cups sweetened tea

1 cup long-grain rice, uncooked

1/2 teaspoon salt

2 tablespoons

1 large sweet onion, diced

1 tablespoon balsamic vinegar

1/4 teaspoon salt

1/4 teaspoon pepper

Bring the tea to a boil in a 3-quart saucepan over medium-high heat.

Stir in the rice and salt.

Reduce heat to low. Cover and simmer for 20 minutes or until the tea is absorbed and the rice is tender. Set aside.

In a large skillet, melt the butter over medium heat.

Add the onion and saute' for 20 minutes or until caramel colored.

Stir in the vinegar, salt and pepper.

Stir in the hot cooked rice.

Per Serving (excluding unknown items): 113 Calories; trace Fat (1.7% calories from fat); 2g Protein; 25g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 268mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Fruit; 0 Fat.