
Vegetable Wild Rice

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Servings: 4

Start to Finish Time: 20 minutes

1 cup reduced-sodium chicken broth or stock

1/3 cup water

1 steam-in bag (15 ounce) frozen mixed vegetables (carrots, corn, peas, green beans and lima beans)

1 tablespoon salted butter

1 box (6.2 ounce) quick-cooking long grain & wild rice blend

Place the broth, water, vegetables and butter in a microwave-safe bowl. Cover and microwave on HIGH for 8 minutes, stirring halfway through the cook time, or until the vegetables begin to soften.

Stir in the rice and seasoning packet from the rice. Cover and microwave 5 more minutes. Let stand for 3 to 5 minutes until the water is absorbed.

Serve.

Side Dishes

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: .