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Crockpot Brown Rice Risotto

Ingredients:

2 cups long grain brown rice
6 cups hot ginger tea (use tea bags or loose leaf tea according to package)
1 carrot, grated
1 stalk celery, grated or finely chopped
1 onion, grated or finely chopped
1 clove garlic, chopped
1 tbsp grapeseed oil
2 cups spinach, chopped
1 1/2 tsp salt
1 1/2 tsp each fresh oregano and fresh thyme (if using dried use only 1 tsp each)

Optional:

1 can of cooked chickpeas, rinsed and drained

Directions:

1. Place rice in slow cooker.
2. Brew ginger tea according to package and let steep for 15 minutes.
2. Brown onion, garlic, carrots and celery in oil.
3. Add onion mixture to slow cooker along with chopped spinach, tea, salt and stir.
4. Cook on high for 4 hrs or less or on low for about 8 hours.
5. Check the crockpot halfway through cooking time as cooking time will depend on your cooker.
6. Optional: Once risotto is cooked, to increase protein content of dish, add 1 can of cooked chickpeas. For additional flavor, saute chickpeas in onion and oregano before adding.