

Apple & Thyme Basmati Rice

This recipe makes about 8 cups



Ingredients

1 medium onion
2 medium gala apples
3 cups + 1 tbsp chicken broth
1½ cups basmati rice
1 Tbsp thyme
1 Tbsp apple cider vinegar
2 Tbsp butter (optional)

Directions:

1. Chop up the onion and apples.
2. In a dutch oven or large stock pot, add 1 tbsp chicken broth and chopped onion. Cook over medium heat until onion becomes slightly translucent.
3. Add the chopped apples and continue to cook and stir until the apples are slightly browned (add more chicken broth as needed to help keep apples and onions from sticking to the pan).
4. Add the rice and thyme, stirring constantly and cook for 2 minutes. Do not add the liquids at this point.
5. Add 1 cup of the chicken broth, stirring and deglazing the pan. Then add the rest of the chicken broth and the apple cider vinegar and bring to a boil.
6. Cover and let simmer for 15-20 minutes or until all moisture is absorbed (add butter at this stage if desired, this will greatly reduce shelf life)
7. After the cooking is complete, spread out on parchment lined trays. Add dividers on a 4 portion setting to help divide if desired.
8. Allow to cool or pre-freeze.
9. Freeze dry (my cycle time was 24 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Stir in ⅓ to ½ cup of boiling water per serving (recipe makes 8 servings). Let sit for 2-3 minutes covered. Enjoy

Notes:

As mentioned above, if you truly want long term storage, just omit the butter.

Nutritional Value Per 1 cup (with butter)

Calories: 135 Protein: 3 g Fat: 3 g Carbohydrates: 28 g Sugar: 6 g Fiber: 1 g