



## **Brown Basmati Rice and Apple Stuffing**

Serves: 10

### Ingredients

- 1 ½ cups brown basmati rice, uncooked
- 2 cups organic (unsweetened) apple juice plus 1 ½ cups water
- 2 tsp extra-virgin olive oil
- 1 organic apple, cored and diced
- ½ cup sweet onion
- ½ cup Brussels sprouts, chopped fine
- 4 cloves garlic, minced
- 1 carrot, peeled and chopped fine
- 1 cup organic celery, diced
- 1/3 cup oat bran or wheat bran
- 1 cup fresh cranberries or ½ cup dried cranberries (sulfite-free)
- 1/3 cup slivered unsalted, raw almonds
- ½ tsp poultry seasoning (equal parts sage, marjoram, rosemary, nutmeg)
- ¼ tsp thyme
- 1/8 tsp ground black pepper

1. Add rice to a medium saucepan. Use the combination of 2 cups apple juice and 1 ½ cups water for the cooking liquid. Boil for approximately 45 minutes or until liquid is gone.
2. Place olive oil in a large skillet and heat over medium heat. Sauté all chopped fruits and vegetables until they are crisp, not soggy. Add cooked brown rice, bran, cranberries, almonds, poultry seasoning, pepper and thyme. Toss well.
3. Use as stuffing for turkey or follow tip below to complete cooking process to use as a delicious side.

### Brian's Tips

- Stuff mixture into the cavity of a turkey. A 15 lb turkey will hold 5 cups of stuffing in the main body cavity and you can put about 2 more cups into the neck cavity. Alternatively, you can place mixture in a casserole dish and bake for 30-40 minutes at 325 degrees.