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Herbed Brown Rice Pilaf

Ingredients

3.5oz. cooked brown rice
olive oil
1 stalk celery, diced
2 carrots, diced
1 onion diced
Chopped fresh parsley, to taste
chopped fresh thyme, to taste
minced rosemary, to taste
salt and pepper, to season

Preparation

1. Heat the oil and sauté the onion, carrots and celery until tender
2. remove from heat and stir in the herbs, season well
3. add the rice to the vegetables and fluff with a fork
4. serve immediately

Cooks Note