

Wild Rice Sauté – Gibbs-California Wild Rice

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By Published: August 13, 2012

- **Yield:** 6-8 Servings

Ingredients

- 4-6 cups [cooked wild rice](#)
- 4 [large onion](#) *chopped*
- 1/4 lb [fresh mushrooms](#) *sliced*
- 1 [large bell pepper](#) *cut into strips (half red, half green)*
- 1/2 cup [butter](#) *(1 stick)*
- 1/2 tsp [salt](#) *or seasoning salt*
- 1/2 tsp [garlic salt](#)
- [pepper](#) *as desired*

Instructions

1. Sauté the onion, mushrooms and Bell pepper, in the butter, adding salt, garlic salt and pepper as desired.
2. Cook only until vegetables are tender, but still crisp. Add the wild rice; stir, and when wild rice is heated through.
3. Serve!