

# Wild Rice Starter – Gibbs-California Wild Rice

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Included on this page is a recipe for a wild rice “starter.” Adding fresh or prepared ingredients and spices to the starter transforms a traditionally American food to a fiery, south-of-the-border wild rice, a Mediterranean-style meatless entrée or side dish, even a tasty Thai-inspired side dish to complement that traditionally spicy cuisine.

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- **Prep:** 10 mins
- **Cook:** 1 hr 10 mins
- **Ready In:** 1 hr 20 mins

This starter recipe stands on its own as a savory side dish.

Nutrition per serving: 182 calories; 4.7 g protein; 31.8 g carbohydrates; 1.7 g fiber; 4.2 g fat; 0 mg cholesterol; 313 mg sodium

## Ingredients

- 3 1/2 cups [reduced-sodium chicken broth](#)
- 3/4 cups [California Wild Rice](#)
- 3/4 cups [jasmine or other long-grain white rice](#)
- 2 tablespoons [olive oil](#)
- 1 [medium onion](#) *chopped*
- 2 cloves [garlic](#) *minced or pressed*

## Instructions

1. In a 4- to 5-quart saucepan, bring broth to a boil over high heat.
2. Add wild rice; reduce heat to low and cover tightly.
3. Simmer until grains begin to open and feel tender to bite, about 45 minutes.
4. Add white rice to pan; cover tightly and simmer until white and wild rice are tender to bite and liquid is absorbed, about 20 to 25 minutes.
5. While white and wild rice cook, add olive oil to a 10-to 12-inch frying pan over medium-high heat. When pan is hot, add onion and garlic. Stir often until onion has softened and lightly browned, 5 to 7 minutes.
6. When rice is done, remove from heat and gently stir in onion and garlic mixture. Transfer to a serving bowl.