

Rice

(basic)

2 C rice (converted)

2 1/2 C stock

1 1/2 TBS onion, celery & bell pepper (finely chopped)

1 1/2 TBS butter

1/2 ts Salt

1/8 ts garlic powder

Pinch = white, red & black pepper

Pre-heat oven to 350

Mix all ingredients in a loaf pan and then cover with foil

Bake for 1 hour