# DietCloud – Recipe

**Recipe Name:** MUSHROOM BROWN RICE

**Diet Type:** Vegetarian

**Course:** General Course

**Cuisine:** Indian

**Quantity:**



## Description

This hearty Mushroom Brown Rice offers a satisfying and earthy meal, featuring tender brown rice simmered with an assortment of savory mushrooms and aromatic herbs. It's a delightful, comforting dish often served warm as a side or a light main course, garnished with fresh greens for a touch of vibrancy. The photo shows the dish in a rustic bowl, topped with sautéed mushrooms and a sprinkle of fresh green herbs.
[PROS]
- High in fiber from brown rice and mushrooms, aiding digestion and promoting satiety.
- Rich in B vitamins and essential minerals like selenium, supporting energy metabolism and immune function.
- Mushrooms provide antioxidants and unique phytonutrients, contributing to overall health benefits.
[CONS]
- Can be calorie-dense if excessive oil or cheese is used during preparation.
- Requires some cooking time for brown rice to achieve proper tenderness, which might not be ideal for quick meals.
[DIETITIAN REVIEW]
This Mushroom Brown Rice dish is an excellent choice for a nutritious and satisfying meal. The combination of whole grains and vegetables provides a wealth of fiber, essential vitamins, and minerals, making it a well-balanced option that supports gut health and sustained energy. While generally very healthy, mindful portioning and moderation of added fats are key for optimal calorie control. Score: 8/10

## Ingredients

| Ingredient | Quantity |
|---|---|
| • Cooked Brown Rice | 1 cup |
| • Mixed Mushrooms (e.g.<br>• cremini<br>• shiitake)<br>• sliced | 1 cup |
| • Shallot or Onion<br>• finely chopped | 1/4 small |
| • Garlic | 1 clove |

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- minced

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|---|---|
| • Vegetable Broth | 1 cup |

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| • Olive Oil | 1 tbsp |

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| • Fresh Parsley or Thyme<br>• chopped | 1 tsp |

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| • Parmesan Cheese<br>• grated (optional) | 1 tbsp |

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| • Salt | To taste |

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| • Black Pepper | To taste |

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|---|---|
| • Green Onion or Chives<br>• sliced (for garnish) | 1 tsp |

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## Preparation

• 1.

• If not using pre-cooked rice, cook 1/2 cup dry brown rice according to package directions, yielding approximately 1 cup cooked.

• Set aside.

• 2.

• Heat olive oil in a medium skillet or pot over medium heat.

• Add the finely chopped shallot or onion and sauté until softened and translucent, about 3-4 minutes.

• 3.

• Add the minced garlic and sliced mushrooms to the skillet.

• Cook, stirring occasionally, until the mushrooms release their moisture and begin to brown and tenderize, approximately 5-7 minutes.

• 4.

• Stir in the cooked brown rice and vegetable broth.

• Bring the mixture to a gentle simmer, then reduce the heat to low, cover, and cook for another 5-7 minutes, allowing the flavors to meld and the broth to be mostly absorbed.

• 5.

• Remove from heat.

• Stir in the chopped fresh parsley or thyme, grated Parmesan cheese (if using), salt, and black pepper to taste.

• Adjust seasonings as needed.

• 6.

• Serve the Mushroom Brown Rice hot, garnished with fresh sliced green onion or chives for an added burst of color and flavor.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|---|---|---|---|---|---|
| 420 | 8 | 60 | 10 | 4 | 2 |