

## Cheesy Wild Rice

Prep Time 5 min   Cook Time 20 min

### Ingredients:

1 c. Texmati Royal Blend Wild Rice (or whatever wild rice you prefer)

**\*\*I like the Royal Blend because of the texture and the way it cooks; releases a lot of starch and ends up very creamy. Perfect for this recipe.**

Low Sodium Chicken Stock

1 tsp. Garlic powder

½ tsp. Espresso Powder

¼ tsp. Cayenne (use less, if you want a little less kick)

1 T. Basil Olive Oil **OR** 1 T. Olive Oil + 1 tsp. dried Basil

1 T. unsalted butter

¼ c. grated Parmesan cheese

2 T. Mascarpone cheese (could sub cream cheese; would alter flavor a bit)

Lg. pinch flake salt or sea salt

### Directions:

Begin by putting 2 c. water into a saucepan and adding ½ c. chicken stock. Next add the cup of rice, butter, oil, and all of the seasonings directly into the water, EXCEPT the cheeses. Give everything a stir, and bring rice to a boil. Continue boiling for about 10 minutes and check on liquid content. For the last ten minutes this recipe will be cooked almost like a Risotto. You will continue to add chicken stock about ¼ c. at a time, as it gets absorbed into the rice. You will probably do this 3-5 times, until the rice is tender and has a nice creamy consistency. Remove from heat and add cheeses. Fold in both cheeses until completely melted, and serve.

**\*\*Note:** I use a combination of the French way of cooking rice (cooking it more like pasta than rice), and the Italian method of making Risotto. It seems strange, I'm sure. But it comes out beautifully every time, and cooking it this way gives it such a nice creamy texture, as opposed to the drier, fluffier composition of most steamed rice. After I stumbled onto this way of making it several years ago (quite by accident; I was attempting to do it the French way), I've never looked back. 😊