



## autumn wild rice with cranberries

- +1 Tbsp butter
- +3/4 cup onion, finely chopped
- +1/2 cup carrot, finely chopped
- +2 garlic cloves, finely chopped
- +1/2 cup wild rice blend
- +2 Tbsp Milne MicroDried® Cranberry Fragments**  
(included in wild rice blend)
- +1/4 teaspoon salt
- +1/8 teaspoon ground sage
- +1/8 teaspoon pepper
- +1 cup chicken or vegetable broth
- +1/3 cup crumbled feta

### featured products

Milne MicroDried® Cranberry Fragments



- 1) Heat a medium pot with a fitted lid to medium-high heat. Once heated, add butter.
- 2) Once butter is melted, add the onion, carrot, and garlic. Let cook for about 3-5 minutes, stirring occasionally.
- 3) Add the wild rice & cranberry mixture, salt and pepper and cook for another 3-5 minutes.
- 4) Add in broth and stir. Let mixture come to a simmer. Once mixture has come to a simmer, turn heat to low and cover.
- 5) Cook on low for 20-25 minutes, or until all liquid is absorbed into the mixture.
- 6) Remove from heat, keep covered for an additional 5 minutes.
- 7) Uncover and let cool slightly. Add to a serving dish and top with crumbled feta.