

Caribbean Rice

The combination of butternut squash, curry spices, brown and wild rice, and chard gives this dish a unique taste and lots of great texture.

Recipe from *The Starch Solution*.

By John McDougall, MD

Makes 6-8 servings
Cook Time: 1 hours 15 minutes

INGREDIENTS:

4 cups vegetable broth

1 onion, chopped

1-2 cloves garlic, crushed or minced

1 (4-ounce) can chopped green chiles

3 cups peeled and chopped butternut squash

2 teaspoons curry powder

1 teaspoon ground coriander

½ teaspoon ground cumin

Freshly ground black pepper

1 cup long-grain brown rice

½ cup wild rice

1 (15-ounce) can kidney beans, drained and rinsed

1 cup chopped Swiss chard

¾ cup chopped scallions, white and green parts

- 1 Put ½ cup of the broth into a large saucepan and add the onion, garlic, and chiles. Cook, stirring occasionally, until the onion softens, about 5 minutes.
- 2 Stir in the squash, curry powder, coriander, cumin, and pepper to taste, and cook for 2 minutes. Add both types of rice and the remaining 3½ cups broth. Bring to a boil, reduce the heat, cover, and simmer gently until the rice is tender, about 45 minutes.
- 3 Stir in the beans, chard, and scallions and cook until they are heated through and the chard is tender, about 5 minutes. Serve hot.