Blue Zones Project®

# Wild Rice Stuffing

*From the kitchen of:*
Blue Zones Project®
Instant Pot Recipe by:
Show me the Yummy

## Ingredients:

- 2 tbsp olive oil
- 4 cloves garlic, minced or pressed
- 1/2 lg yellow onion, diced
- 2 stalks celery, diced
- 8 oz portobello mushrooms, diced
- 1/2 tsp ground sage
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1 c wild rice
- 3/4 c vegetable broth, low-sodium
- 1/4 c balsamic vinegar
- 1/4 c soy sauce
- 1/2 c dried cranberries
- 1/2 c chopped pecans
- 2+ tbsp crumbled goat cheese
- pepper to taste

Brought to Hawaii by **HMSA**

## Directions:

1. Press the saute button on your Instant Pot. When display reads hot, add in the oil.
2. Add the onion, celery, and mushrooms. Saute for 5 minutes, stir often.
3. Add the garlic, sage, thyme and rosemary. Cook for an additional minute. Press cancel.
4. Add in the rice, broth, and soy sauce. Stir to combine.
5. Cover and lock the lid (make sure the steam releasing handle is pointing to sealing).
6. Cook on high pressure for 15 minutes, then allow the pressure to naturally release for 10 minutes.
7. Flip the valve to "venting", then remove the lid.
8. Stir in the balsamic, cranberries, pecans, pepper, and goat cheese.
9. Taste and re-season, if needed. Serve and enjoy!

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