

Ingredients



4 tablespoons butter
5 cloves garlic, minced
1 cup uncooked long grain rice
1 cup milk
1 cup water, you can also use chicken broth or vegetable broth
½ teaspoon salt
¼ teaspoon fresh ground pepper
½ cup finely grated Parmesan cheese
4 cups fresh baby spinach, optional
2 tablespoons fresh chopped fresh parsley, divided

Garlic Butter Parmesan Rice

MOM
fueling
HUNGRY
BOYS

Instructions

- Set a dutch oven or a medium-sized saucepan over medium heat and melt the butter.
- Stir in garlic and cook for 3 to 4 minutes, stirring frequently. Do not burn the garlic.
- Add rice and stir around to evenly coat with the melted butter.
- Stir in milk, water, salt, and pepper; bring mixture to a boil.
- Cover and reduce heat to low; cook for 20 minutes, stirring occasionally.
- Remove cover and stir in Parmesan cheese, baby spinach, and 1 tablespoon parsley.
- Remove from heat; cover and let stand 3 minutes.
- Garnish with remaining parsley and serve.

