



TOCABE'S WILD RICE SIDE

INGREDIENTS

Supplies:

- Small sauté pan
- Measuring cups
- Measuring spoons
- Small mixing or eating spoon
- Cutting board
- Knife

Ingredients:

- 1/4 teaspoon salt and pepper
- Pinch of smoked paprika
- 2 ounces bison stock (substitute with veggie, beef, or stock of your choosing)
- 1/2 tablespoon olive oil (substitute with oil of your choice ex. sunflower, canola, etc.)
- 1/4 cup red onion, diced (feel free to reduce amount if desired)
- 1/4 cup Poblano pepper, diced
- 1/4 cup fire roasted corn, fresh, canned, or frozen
- 1/3 cup wild rice, cooked
- Pinch of dried cranberries
- 3 scallions, sliced into small circles

DIRECTIONS

Step 1:

- **Gather all ingredients**
- **In a small bowl create slurry**
- **Add salt and pepper, smoked paprika, and bison stock and mix until blended or dissolved**

Step 2:

- **Pre-heat sauté pan over medium-high heat with olive oil**
- **When oil is hot add red onion, poblano pepper, salt, and pepper and sauté until poblanos are soft but still crisp**

Step 3:

- **Add corn and cook for 1 minute**

Step 4:

- **Stir in slurry and de-glaze sauté pan by scraping with wooden spoon**

Finish:

- **Add rice and let mixture cook until slurry is re-absorbed**
- **Add dried cranberries and top with scallions**