

# Ashley's Meal Prep Monday!

## Rice-A-Roni (\*gluten free)

### INGREDIENTS

1 ½ cups long grain white rice

3 oz GF spaghetti or vermicelli noodles broken into 1-inch pieces

1 TSP onion powder

½ TSP garlic powder

½ TSP dried parsley

½ TSP dried thyme

¼ TSP salt

¼ TSP turmeric

1 TBSP vegan butter

1 TBSP avocado oil

In a small bowl, mix all of the spices together.

In a 12-inch skillet with lid, add butter and oil and melt over medium heat. Add the rice and pasta mixture to the skillet and stir to coat. Cook, stirring frequently, until the dried pasta/rice begins to smell nutty - about 3 minutes. Add the entire spice mixture and mix to coat the grains evenly in the spices.

Add 3 cups of water and mix to combine. While still uncovered, bring the mixture to a boil over med/high heat. Once boiling, lower the heat to med/low and cover the skillet. Simmer for 15-20 minutes, or until most of the liquid has been absorbed and the grains are tender. Let sit covered for 3 minutes before serving.

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Recipe idea: [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)