

## Multi-Grain Pilaf

1 tsp. olive oil  
1 cup chopped onion  
3 garlic cloves, minced  
2 ½ cups organic vegetable broth  
1/3 cup kasha (buckwheat groats) or 1/3 cup wild rice  
1/3 cup pearl barley  
1/3 cup bulgur wheat  
½ teaspoon sea salt  
1 Bay leaf  
¼ cup chopped pecans, toasted  
Fresh pepper

Heat oil in large saucepan and saute onion and garlic for 3 minutes.  
Add broth and all ingredients except pecans. Bring to a boil, cover and reduce. Simmer until all liquid is absorbed. Discard bay leaf. Stir in pecans and pepper.

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