

Crock Pot Wild Rice Casserole

Ingredients:

- 1 ½ cup uncooked long-grained rice
- ½ cup uncooked wild rice
- 1 envelope dry onion soup mix
- 4 cup water
- 1 cup green onion, chopped
- 8 oz. sliced mushrooms
- ¼ cup extra virgin olive oil
- 1 tbsp. snipped parsley



Nutrition Facts	
Serving Size 1 cup (227g)	
Servings Per Container 8	
Amount Per Serving	
Calories 250	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 39g	13%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 6g	
Vitamin A 2%	• Vitamin C 6%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Directions:

1. Combine all ingredients in lightly greased slow cooker.
2. Cover, cook on high 2 ½ hours, stirring occasionally. Stir in parsley just before serving.