

GARBANZO-RICE CASSEROLE

2 tbsp. oil
1/2 onion, chopped
1/2 cup celery, chopped
3 cups cooked brown rice
1 cup garbanzos, including juice
1/4 cup parsley, chopped
1 & 1/2 tsp. McKay's Chicken Seasoning
1/8 tsp. oregano
Salt to taste

Sauté onion and celery in oil. Add to rice and garbanzos. Mix in other ingredients. Season to taste. Bake in casserole for 30 to 40 minutes at 350° F. For variation, add 1/2 cup chopped mushrooms. Green soybeans may be used instead of garbanzos.