

Caramelized Onion Butter Rice: The Ultimate Side Dish Upgrade

Caramelized Onion Butter Rice



TIME
15-20 min

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INGREDIENTS

Base Ingredients:

- 1 cup long-grain white rice, rinsed
- 2 tablespoons unsalted butter
- 1 large yellow onion, thinly sliced
- 2 cloves garlic, minced
- 2 cups chicken or vegetable broth
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon fresh parsley, chopped (for garnish)

Swaps and Notes:

Rice: Long-grain white rice works best here because it stays fluffy and separate. You can also use basmati or jasmine rice.

Onion: A large yellow onion is perfect for this recipe. You want to take your time to caramelize it slowly-this is where the flavor comes from.

Butter: Unsalted butter is my preference, but you can also use a good quality olive oil.

Broth: Using chicken or vegetable broth instead of water adds a deep layer of flavor to the rice.

Herbs: Fresh parsley is a great finisher, but you could also use fresh thyme or chives.

Step-by-Step Instructions:

Caramelize the Onion: In a medium-sized pot or Dutch oven, melt the butter over medium-low heat. Add the thinly sliced onion and cook for 15-20 minutes, stirring occasionally, until the onion is

soft, golden brown, and caramelized. This step takes time, but it's worth it!

Add the Aromatics: Add the minced garlic to the pot and cook for another minute until fragrant.

Toast the Rice: Add the rinsed long-grain white rice to the pot and stir for 1-2 minutes until it's lightly toasted. This helps the rice to stay fluffy and separate.

Simmer and Cook: Pour in the chicken or vegetable broth. Stir in the salt and black pepper. Bring the mixture to a boil, then reduce the heat to low, cover the pot with a tight-fitting lid, and let it simmer for 15-18 minutes, or until all the liquid has been absorbed. Do not lift the lid during this time!

Rest and Fluff: Turn off the heat and let the pot sit, covered, for another 5 minutes. This allows the rice to steam and become perfectly tender. Fluff the rice with a fork.

Serve: Garnish with fresh chopped parsley and serve hot.

Tips for Success:

Low and Slow on the Onions: The key to this dish is to caramelize the onions over low to medium-low heat. High heat will burn them, and you'll lose that sweet, rich flavor.

Rinse the Rice: Rinsing the rice before cooking removes excess starch and helps prevent it from becoming sticky or gummy.

Don't Peek: Just like with any rice dish, you need to resist the urge to lift the lid while it's simmering. The steam is what cooks the rice.

Rest is Best: Letting the rice rest after cooking is a crucial step for achieving a perfect, fluffy texture.

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

Calories: 250 kcal

Carbohydrates: 45g

Protein: 5g

Fat: 5g

Saturated Fat: 3g

Cholesterol: 10mg

DIRECTIONS

1. **Caramelize the : Onion:** In a medium-sized pot or Dutch oven, melt the butter over medium-low heat. Add the thinly sliced onion and cook for 15-20 minutes, stirring occasionally, until the onion is soft, golden brown, and caramelized. This step takes time, but it's worth it!
2. **Add the : Aromatics:** Add the minced garlic to the pot and cook for another minute until fragrant.
3. **Toast the : Rice:** Add the rinsed long-grain white rice to the pot and stir for 1-2 minutes until it's lightly toasted. This helps the rice to stay fluffy and separate.
4. **Simmer and : Cook:** Pour in the chicken or vegetable broth. Stir in the salt and black pepper. Bring the mixture to a boil, then reduce the heat to low, cover the pot with a tight-fitting lid, and let it simmer for 15-18 minutes, or until all the liquid has been absorbed. Do not lift the lid during this time!
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6. **Serve:** Garnish with fresh chopped parsley and serve hot.
7. **Tips for Success:** **Low and Slow on the Onions:** The key to this dish is to caramelize the onions over low to medium-low heat. High heat will burn them, and you'll lose that sweet, rich flavor.
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10. Rest is : Best: Letting the rice rest after cooking is a crucial step for achieving a perfect, fluffy texture.
11. Serving Suggestions and Pairings: This Caramelized Onion Butter Rice is the perfect side dish for so many meals. It pairs beautifully with roasted chicken, grilled steak, or a simple baked fish. The savory flavors would also complement a hearty meal like this Cajun Chicken Sausage Gumbo or a Mexican Chicken and Rice Casserole.
12. Nutritional Information (per serving, approximate):
Calories: 250 kcal
13. Carbohydrates: 45g
14. Protein: 5g
15. Fat: 5g
16. Saturated : Fat: 3g
17. Cholesterol: 10mg
18. Sodium: 400mg
19. Fiber: 2g
20. Sugar: 3g
21. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
22. Storage and Leftover Tips: Leftovers of this rice are fantastic. Store them in an airtight container in the refrigerator for up to 3 days. To reheat, you can warm it in the microwave or in a skillet on the stovetop with a splash of broth or water to add moisture.
23. More Recipes You'll Love: If you enjoy easy, savory, and satisfying meals, you might also like these other recipes:
24. These : Easy Turkey Wings are my favorite comfort food for lazy Sundays
25. A light, tangy chicken salad I actually crave (and there's no mayo in sight)

SWAPS & NOTES

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