



## Mediterranean Wild Rice

A hearty, vegan, & gluten-free slow cooked meal the whole family will enjoy

### Ingredients

- 2 ¼ cup water
- 1 ½ cup cooked chickpeas
- 1 cup uncooked wild rice
- 1 cup chopped red onion
- 3 hot house tomatoes, chopped with seeds removed
- 20 pitted kalamata olives
- 1 green pepper, diced
- 2-3 cloves garlic, minced
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 tablespoon dried oregano
- 1 teaspoon dried mint leaves
- 1/2 teaspoon sea salt
- Fresh flat leaf parsley, roughly chopped
- Lemon wedges, for garnish

### Directions

Add all ingredients except parsley to the bowl of your slow cooker and cook on high setting for 3 to 3 ½ hours until rice is cooked and water absorbed.

Serve with a sprinkle of fresh parsley and a wedge of lemon.

Makes 6 servings.



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