

## Riz Bi\_Sheeree



Serves 6

### Ingredients:

- ¼ cup olive oil
- 1 cup wheat semolina
- 2 cups uncooked rice
- ½ tsp salt

### Procedure:

- Heat the olive oil in a medium pot, and sauté the semolina over medium heat until brown.
- Add the rice, mix well, and sauté for 4 minutes.
- Add the salt and 5 cups of water.
- Increase the heat to high, and bring to a boil; then reduce the heat to medium, cover, and simmer for about 20 minutes.

**Per serving:**

- Calories: 305
- Protein: 6 gm
- Carbohydrates: 48 gm
- Fat: 9 gm

A tasty Lebanese rice recipe that can be served with any vegetable recipe and a green salad.