



Easy Brown Rice

This is an easy way to make fluffy brown rice that is neither mushy nor clumpy.

<u>U.S.</u>		<u>Metric</u>
1 cup	Brown Rice	200 g
2 1/4 cups	Vegetable Stock or Water	535 mL

Preparation:

1. Gather all ingredients and equipment.
2. Rinse the rice under cold water in a colander.
3. Put the rice and water in a medium sauce pot, on medium-high heat, and stir.
4. Bring the liquid to a boil.
5. Once boiling, reduce the heat to low and cover the rice.
6. Simmer the rice for about 30 minutes. At that point, taste the rice to see if it is still crunchy. If so, check for water on the bottom of the pot; add ¼ cup of water if all the water has been absorbed and continue to cook. If it is cooked and the water is absorbed, turn off the heat.
7. When the rice is a good consistency, turn off the heat and keep it covered for 10 minutes.
8. After sitting, fluff the rice with a fork, and enjoy!

Nutrition Facts

6 Servings

Serving size **1/2 cup**

Amount per serving

Calories **110**

Calories from Fat 10

Total Fat 1 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 0 mg

Total Carbohydrate 24 g

 Dietary Fiber 1 g

 Total Sugars 0 g

 Includes 0g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 0 %

Iron 2 %

Potassium 70 mg

Phosphorus 102 mg
