



Steamed Brown Rice (Large Font)

U.S.

2 1/2 cups
1 cup

Water
Brown Rice, rinsed

Metric

590 mL
198 g

Preparation:

1. Gather all ingredients and equipment.
2. Add water and rice to large pot. Bring to a boil.
3. Once water begins to boil, reduce to medium heat and cover with foil. Cook for 40 minutes.
4. Check rice occasionally, do not stir. Once burrow holes appear, take off heat. Fluff with fork and serve.

Nutrition Facts

Serving size **1/2 cup**
Servings **4**

Calories 200
Calories from Fat 0

Total Fat 0 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 5 mg

Carbohydrates 43 g

Dietary Fiber 1 g

Sugars 0 g

Protein 4 g

Vitamin A 0 %

Calcium 0 %

Vitamin C 0 %

Iron 0 %

Phosphorus 0 mg
