



Steamed Brown Rice - Oven

U.S.

1 1/2 cups	Vegetable Stock or Water
1 tsp	Olive Oil
1/2 cup	Brown Rice, washed

Metric

180 mL
5 mL
99 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 375°F (190°C).
3. In a pot, bring vegetable stock to a boil.
4. Place rice in a hotel pan and add the boiling stock and oil to it. Stir with a spatula or wooden spoon and cover tightly with foil. Steam in the oven for 45-50 minutes.
5. Fluff the rice with a fork and serve hot.

Nutrition Facts

Serving size	1/4 cup
Servings	6
Calories	60
Calories from Fat	10
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0.5 g
Cholesterol	0 mg
Sodium	0 mg
Carbohydrates	12 g
Dietary Fiber	1 g
Sugars	0 g
Protein	1 g
Vitamin A	0 %
Calcium	0 %
Vitamin C	0 %
Iron	2 %
Phosphorus	51 mg
