Steamed Brown Rice - Oven

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.

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
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<tbody>
<tr>
<td>1 1/2 cups Vegetable Stock or Water</td>
<td>180 mL</td>
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<tr>
<td>1 tsp Olive Oil</td>
<td>5 mL</td>
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<tr>
<td>1/2 cup Brown Rice, washed</td>
<td>99 g</td>
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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

10/28/16