Oven-Cooked Brown Rice (50 minutes)

1. PREHEAT OVEN
   Preheat oven to 375° F.

2. RINSE RICE
   Rinse and drain rice in cold water.

3. PREPARE PAN
   Add 1 cup of rice and 2 1/2 cups of water to a 9 x 13 pan. Cover with aluminum foil.

4. BAKE RICE
   Bake for 50 minutes, or until all the water is absorbed.

Why eat brown rice?
- Good source of fiber which aids in digestion.
- Increases heart health and reduces risk of heart disease.
- Rich in vitamins and minerals.
Microwave Brown Rice (23 minutes)

1. MIX RICE & WATER
   In a large microwavable bowl, add 1 cup of rice and 4 cups of water.

2. COVER & HEAT
   Cover and heat until the water boils, about 8-12 minutes.

3. UNCOVER & HEAT
   Uncover and heat for 15-20 more minutes on medium heat. Let stand.

Stove-Top Brown Rice (55 minutes)

1. MIX RICE & WATER
   Add 1 cup of rice and 2 1/2 cups of water to a medium saucepan.

2. BOIL
   Bring water to a boil.

3. COVER & REDUCE HEAT
   Cover and set on medium-low heat for 45 minutes, or until all of the water has evaporated. Stir occasionally.

4. LET SIT
   Take off heat and allow rice to sit for 10 minutes, still covered.

Quick Tips

- While cooking, replace one cup of water with one cup of vegetable broth to make a more flavorful rice.
- Use in stews, stuffed peppers, a stir fry, with eggs, on top of a green salad, or in any recipe that calls for white rice.
- Add to your meals to help you feel fuller throughout the day.

Lowcountry Food Bank
This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP.
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