

HOW TO COOK BROWN RICE



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.

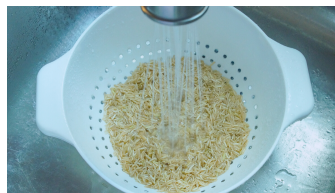
Oven-Cooked Brown Rice (50 minutes)

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.

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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.

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