

# Quick Steamed Brown Rice



*Brown rice is full of fiber, vitamins, and minerals but takes a bit of time to cook. This method makes for perfectly fluffy rice that you can let simmer on the stove while you work on the rest of your dinner!*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>25 MIN</b>
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## INGREDIENTS

- 2 cups Vegetable Stock, homemade or unsalted, or Water
- 1 cup Parboiled Brown Rice

## CHEF'S NOTES

If serving this rice on its own as a side dish, try adding frozen peas or frozen edamame (soybeans) to increase the protein content while giving an otherwise very simple side dish a pop of color and contrasting texture.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a medium saucepot, combine the stock (or water) and rice and bring to a boil over high heat.
3. Once the water begins to boil, reduce the heat to low and cover with a lid. Simmer for 20 minutes, until tender and all the liquid has been absorbed.
4. Check the rice occasionally to make sure it does not burn or boil over but do not stir. The rice should be cooked at a low enough temperature to slowly absorb the water over the 20-minute cook time. You may need to add additional water to prevent the bottom from sticking.
5. Once burrow holes appear, take the pot off the heat. Fluff with a fork and serve.

# Nutrition Facts

8 servings per container

**Serving size** 1/2 cup (82g)

**Amount Per Serving**

**Calories** 80

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 17g 6%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 1g 2%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.3mg 2%

Potassium 50mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

