

Steamed Brown Rice with Peas



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!

YIELD 4 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

2 ½ cups	Water or Stock, unsalted or homemade
1 cup	Brown Rice, rinsed
½ cup	Peas, frozen

CHEF'S NOTES

Adding peas to the rice increases the protein content while giving an otherwise very simple side dish a little pop of color. You could also try adding frozen edamame (soybeans)!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Add the water and rice to a large pot and bring to a boil.
3. Once water begins to boil, reduce heat to medium and cover with a lid. Cook for 40 minutes.
4. Check the rice occasionally but do not stir. When 2 minutes of cook time remain, add the peas.
5. Once burrow holes appear, take the pot off the heat. Fluff with a fork and serve.

Nutrition Facts

6 servings per container

Serving Size 1/2 cup rice (142 g)

Amount per serving

Calories 120

% Daily Value *

Total Fat 1g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 26g 9%

Dietary Fiber 2g 6%

Total Sugars less than 1g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.75mg 4%

Potassium 100mg 2%

*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.

