

# Simmered Quinoa & Brown Rice



*This blend of whole grains provides a fun texture contrast to your meals and makes a great base for many dishes – we keep it plain to soak up the flavors of whatever you're serving it with!*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>30 MIN</b>
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## INGREDIENTS

1/3 cup	Brown rice, parboiled
1/3 cup	Quinoa, any variety
1 ½ cup	Vegetable stock, no salt added or homemade

## CHEF'S NOTES

Any ratio of quinoa to brown rice will work in this recipe as long as there is a total of 2/3 cup grains.

Rinsing the rice removes the excess starch and makes the cooked rice less mushy.

Cooking in vegetable stock adds a depth of flavor - try adding some of your favorite herbs or spices to kick up the flavor.

Any color quinoa works well - try using red or black for more color contrast.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Using a fine strainer, rinse the rice under cold water until the water runs clear.
3. In a small pot, combine the rinsed rice, quinoa, and vegetable stock. Place the pot over medium heat and bring to a boil.
4. Once the mixture reaches a boil, reduce the heat to low and cover the pot. Simmer until the grains absorb the water and become tender, about 20 minutes. During the simmering, stir occasionally and check to make sure there is still liquid. If all of the water is absorbed and the grains are not almost done cooking (they should be tender with a little chewiness), add more stock. When the grains are mostly tender, turn off the heat and leave the pot covered for 10 minutes.
5. Remove the cover and fluff the grains with a fork. Allow the steam to evaporate. If not serving immediately, remove the grains from the pot to stop the cooking.

# Nutrition Facts

4 servings per container

**Serving Size** 1/2 cup (31 g)

Amount per serving

**Calories** 110

% Daily Value \*

**Total Fat 1.5g** 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 0mg** 0%

**Total Carbohydrate 22g** 8%

Dietary Fiber 1g 4%

Total Sugars less than 1g

Includes 0g Added Sugars 0%

**Protein 3g** 6%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.29mg 0%

Potassium 42mg 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.

