



The Goldring Center  
for Culinary Medicine

TULANE UNIVERSITY

# 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>4 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
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## INGREDIENTS

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

## CHEF'S NOTES

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

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium pot, combine the water and rice and bring to a boil.
3. Once the water begins to boil, reduce the heat to medium and cover with a lid. Cook for 40 minutes.
4. Check the rice occasionally to make sure it does not burn or boil over but do not stir.
5. Once burrow holes appear, take the pot off the heat. Fluff with a fork and serve.

# Nutrition Facts

4 servings per container

**Serving Size** 1/2 cup (196 g)

Amount per serving

**Calories** 170

% Daily Value \*

**Total Fat 1.5g** 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 10mg** 0%

**Total Carbohydrate 36g** 13%

Dietary Fiber 2g 6%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein 4g** 7%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.86mg 5%

Potassium 100mg 3%

\*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.

Recipe by *Health meets Food* (7/6/18)



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