

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!

YIELD 6 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

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 a pop of color and contrasting texture.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium pot, combine the 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. Cook for 40 minutes.
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 40-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

6 servings per container

Serving size 1/2 cup (130g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 24g 9%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 10mg 2%

Iron 0.6mg 4%

Potassium 90mg 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.

Recipe adapted from *Health meets Food* "Steamed Brown Rice," (7/6/18)



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